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DAMON LAUGHS AT HIS 'RIDICULOUS' ON-SCREEN BOD, WARMS TO ELYSIUM'S IMMIGRATION THEME

PAGE 14

Public works chair takes it to the street

Denzil Minnan-Wong skips street-naming ceremony over abortion advocacy PAGE 3

Put that in your picture and smoke it!

No stone is left unexplored in Hollywood's penchant for drug-fuelled plots PAGE 15

Tap into Toronto's TV tapings

Looking for family-friendly fun? Be part of live local studio audiences PAGE 20

NEWS WORTH SHARING.

NEXT BIG THING

Canada's Eugenie Bouchard serves a sizzler during her Rogers Cup match against Russia's Alisa Kleybanova in Toronto on Tuesday. The 19-year-old smoked Kleybanova in straight sets. More coverage, page 26. FRANK GUNN/THE CANADIAN PRESS

'Like getting struck by lightning twice'

Reptile experts weigh in. African rock python believed to have killed 2 boys in New Brunswick

It is extremely rare for an African rock python to kill humans, reptile experts said Tuesday after hearing of the deaths of two boys in New Brunswick who police say were killed by such a snake.

"It'd be like getting struck by lightning twice in one day," said Matt Korhonen, general curator at Little Ray's Reptile Zoo in Ottawa. "The fact that this snake escaped ... and killed two kids is very much a freak accident."

Korhonen, who has worked at the Ottawa reptile zoo since 2000, said rock pythons are not known for killing humans, though they are an aggressive species of serpent that can grow to be very large and powerful.

"That doesn't mean that they attack and kill people," he said.

African rock pythons are banned in New Brunswick, the provincial government said in a statement, though accredited zoos can apply for a special permit to have prohibited exotic animals.

"Permits are never issued to keep an illegal exotic animal as a pet," spokesperson Steve Benteau said in an email to reporters.

Ontario, however, has no such rules on exotic pets, leaving municipalities to come up with bylaws to keep the likes of lions, tigers and African rock pythons out of town.

Melissa Matlow, a spokesperson for the World Society for the Protection of Animals, called regulations on exotic pets "terrible."

Local bans on snakes

In Toronto, poisonous snakes and those longer than three metres are banned. In Brampton, the 1992 strangling death of 28-year-old Mark Neville by his pet Burmese python prompted the prohibition of all pythons and boa constrictors.

"We have a patchwork of regulations, it varies from town to town, and province to province," said Matlow.

A spokesperson with Ontario's Ministry of Community Safety and Correctional Services, which has previously been under pressure to crack down on exotic animals, said municipalities have authority to enact by-laws governing animals.

TORSTAR NEWS SERVICE/WITH FILES FROM THE CANADIAN PRESS

More coverage, page 10

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Councillor skips street-naming over honouree's abortion link

Morton Shulman Avenue. Denzil Minnan-Wong steps away over late doctor's abortion advocacy

The city's public-works chair has opted not to officiate at the opening of Morton Shulman Avenue after learning the legendary Toronto physician lobbied for abortion rights.

Coun. Denzil Minnan-Wong, a devout Catholic, would not elaborate on his decision, saying he did not want to show disrespect to the late doctor or his family.

This marks the second time in two months — and, he says, in a 19-year council career — that his religious views have clashed with official duties.

In June, Minnan-Wong walked out of the council chamber rather than stand for a moment of silence in honour of abortion-rights pioneer Dr. Henry Morgentaler. He told the Toronto Sun that Morgentaler is "not someone who should be recognized or celebrated."

"He's a person who contributes to the death of thousands of unborn babies. I've held that position, you know, for a long, long time, and it was a matter of principle for me."

Shulman was 75 when he died in 2000 after several colourful, often concurrent, careers. A chief coroner for Ontario in the 1960s, he crusaded for many reforms, including relaxation of strict anti-abortion laws to lower the number of women dying from botched illegal procedures.

The one-time NDP MPP maintained a family practice on Roncesvalles Avenue, hosted a confrontational Citytv show and spent his final years trying to cure Parkinson's disease.

Minnan-Wong declined Tuesday to discuss his religious beliefs, saying they are not a major part of his political life.

TORSTAR NEWS SERVICE

Not for him

"After reading up about Dr. Shulman, I don't feel that I am the right member of council to represent the city" at Thursday evening's street-naming ceremony.

Coun. Denzil Minnan-Wong

Coun. Denzil Minnan-Wong has opted not to officiate at the opening of Morton Shulman Avenue, a block west of Keele Street south of Wilson Avenue. DAVID COOPER/TORSTAR NEWS SERVICE

Diluted-drug scandal

Chemo report to be released

A provincial review is expected to shed more light on why and how 1,202 cancer patients received diluted chemotherapy cocktails. Jake Thiessen, a pharmacist appointed by the government to conduct the review, will join Health Minister Deb Matthews at Queen's Park on Wednesday to discuss his recommendations for safeguarding patient care. The patients affected were treated with watered-down cancer drugs at four hospitals in Ontario and one in New Brunswick.

TORSTAR NEWS SERVICE

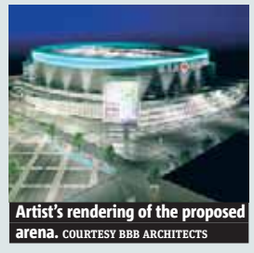
Seeking private investors

Markham arena stirs investor interest

Unidentified Chinese investors are showing "very preliminary" interest in investing in Markham's proposed arena, says a Toronto firm representing them.

LOH Architects and Associates said Tuesday that it had met Markham Mayor Frank Scarpitti about two months ago, but the firm was waiting for more information to assess investment in the $325-million project.

"It's so very preliminary," said Joe Loh, the firm's principal and director. "There's not much we can do until we see more." TORSTAR NEWS SERVICE



Artist's rendering of the proposed arena. COURTESY BBB ARCHITECTS

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Rash of roadwork = headache

Pre-Pan Am Games.
Closure at King and Spadina is just 1 of many traffic-snarling work sites around the city

With streets across Toronto advancing in age and the added pressure of fixing them before the Pan Am Games in 2015, the King-Spadina project is among a rash of ongoing roadwork that's tightening traffic on thoroughfares in an already congested city.

"There's been a big push to get a lot of the projects completed before that time," Steve Buckley, the city's general manager of transportation services, says of the Pan Ams. "We want the city to shine."

While Buckley recognizes the headaches construction causes, he says the work is necessary to keep the city's infrastructure ship-shape.

"Many of our roads are just simply reaching the end of their useful life, and that requires reconstruction on our end now," he said. Other projects currently snarling traffic include track repairs along much of Kingston Road, as well as the York Street and Richmond Street intersection. Meanwhile, lanes along Queens Quay, Bloor Street West and Gardiner Expressway are also closed for refurbishment.

In total, there are about 415 work sites on the table for 2013, consisting of 1,300 km of road in the city, said Buckley.

"There's a lot going on," he said, adding that his department got an extra $15 million this year, most of which will be used for roadway resurfacing.

The boom in private development has also led to more road resurfacing and repairs, said Buckley, describing how streets can be damaged during projects such as condo construction. TORSTAR NEWS SERVICE

A cyclist plugs her ears as jackhammers pound while she waits for a green light at King and Spadina on Tuesday. The intersection will be closed for two weeks for streetcar track replacement. RENE JOHNSTON/TORSTAR NEWS SERVICE

King St. W.-Spadina

Untangling streetcar tracks... ugh!

Revamping the tangle of streetcar tracks at King Street West and Spadina got underway Tuesday at 10 a.m.

The tracks haven't been replaced since the 1990s, said TTC spokesperson Brad Ross, explaining that the entire intersection will be dealt with at once to reduce the bother for commuters and the surrounding community.

"It is an inconvenience to motorists, to our customers at the TTC, and of course, the businesses and residents in the area," said Ross.

Legends Row to celebrate Mississauga's finest

Rik Emmett, from left, Gil Moore and Mike Levine of Triumph.
COURTESY CANADIAN MUSIC HALL OF FAME

Mississauga might not be the first place that comes to mind when thinking of celebrities, but the likes of the late Oscar Peterson, Paul Henderson and Johnny Bower all have roots there.

On Monday those names will be officially announced as part of the inaugural group cemented in time on Mississauga's new Legends Row, celebrating the city's most accomplished residents.

"To think I'm going in on the same slate as Oscar Peterson, you're not really sure you deserve it," says Henderson, who has lived in Mississauga since 1970.

"And Johnny Bower, he didn't make the NHL till he was 32. I don't think he knows how great he was. What a humble guy."

Both of the hockey legends will be part of a group of 10 inductees at a ceremony to be held Sept. 14. Others include Canadian rock band Triumph, country music star Tommy Hunter and Olympic medallist Silken Laumann.

The idea for Legends Row came from local businessman Ron Duquette, who thought Mississauga should celebrate the achievements of its residents.

After joining the management committee for Mississauga's new Celebration Square, a multi-use event facility in the heart of downtown, Duquette said he had found the perfect place for Legends Row.

It will be temporarily housed in a corner of the square before its permanent location is ready and will feature a large totem with plaques honouring each inductee. TORSTAR NEWS SERVICE

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Source:
(1) Wall Communications Report, prepared for CRTC, July 2013.
(2) Scotiabank, March 7, 2013
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Moving to dethrone Hudak

Byelection loss. Disgruntled London Tory supporters are demanding Hudak's leadership be reviewed

Tory Leader Tim Hudak is facing an open revolt within his party.

Hudak heads into a policy convention next month with a potentially embarrassing attempt to dethrone him hanging over his head.

Ten Progressive Conservatives from London, Ont. submitted a motion Tuesday to the Ontario PC Party asking for the constitution to be amended to allow for a leadership review. Among those who signed is former London-Fanshawe candidate Cheryl Miller, who ran for the Tories in 2011.

The effort to dump the 45-year-old Hudak builds on a growing undercurrent of dismay with his leadership since the party's poor performance in the 2011 provincial vote and after losing Kitchener-Waterloo to the NDP in a byelection last year.

The motion, which is on the heels of Tories losing four out of five byelections on Aug. 1, including London West, could be presented at the party convention in London from Sept. 20 to 22. But a party spokesman dismissed its chances of going anywhere. The party constitution now requires a leadership review only after failing to win a provincial election.

In what would be a two-step process, the motion calls for 50 per cent support from the party and caucus in a mail-in secret ballot asking members "do you wish to have a leadership election?"

Quoted

"It's an internal stunt, a small group of individuals are showing their disappointment in the outcome of the London byelection specifically."

Alan Sakach, party spokesman

PC Leader Tim Hudak and Doug Holyday talk to the media after Holyday's byelection win. BERNARD WEIL/TORSTAR NEWS SERVICE

"What is disappointing is that these folks are letting their own self-interest get in the way … they are really just being patsies in helping the Liberals," said party spokesman Alan Sakach, adding that he has not heard of this kind of motion being presented before.

"This is the behaviour that has kept us out of power for three elections."

Sakach explained the party's constitutional committee will determine if the motion even goes to convention. If its does, a constitutional change like this requires two-thirds delegate support.

TORSTAR NEWS SERVICE

First Lady of the Guitar

Opa!

Torontonians will have an opportunity to hear the live premiere of The Toronto Song! when Liona Boyd performs at the opening of Pilaro's Taste Of The Danforth on Friday at 8:15 p.m. METRO

Questions blocked

Ont. Opposition cries cover-up

Ontario's opposition parties were fuming Tuesday after their questions about top Liberals attempting to pressure the Speaker of the legislature to change a preliminary finding of contempt against the government were ruled out of order.

The New Democrats said the ruling "stinks," and suggested Premier Kathleen Wynne's office directed Shafiq Qaadri, the Liberal chair of the justice committee, to shut down the committee's investigation of attempts to influence the Speaker. THE CANADIAN PRESS

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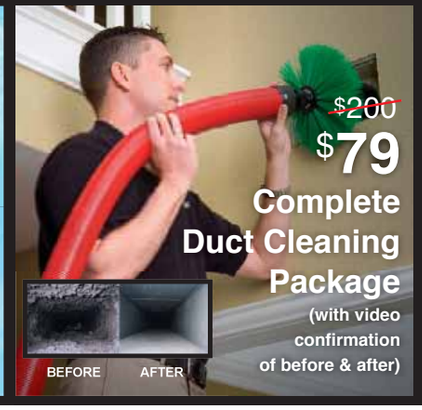

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Quebec. Father could face criminal charges after kids go car surfing

After two young girls were seen car surfing, police in Quebec have fined a 29-year-old La Pêche man and submitted his case to the director of criminal prosecutions to see if charges should be laid.

Two girls aged six and seven were seen July 17 and 18 riding on the hood of a car on Du Lac Vert Road in La Pêche, MRC des Collines police said in a news release. Witnesses called police and the force says that as a result of an investigation, charges of criminal negligence and child abandonment could be filed.

The man in question is the father of the six-year-old girl, while the other young girl is his spouse's daughter, police said.

Police said the man was fined $1,264 for allowing a person to be on an outer part of his vehicle.

METRO

Massachusetts

Cardboard cop cuts crime at bike racks

The burly officer watching over the bike racks at a Boston-area transportation hub is a real stiff.

As part of an effort to cut crime at the Alewife MBTA subway and bus station in Cambridge, Mass., transit police placed a cardboard cutout of a police officer in the bicycle cage. Hundreds of people use the racks daily.

Deputy Chief Robert Lenehan says the fake cop, along with video cameras and a new lock, has cut bike thefts by 67 per cent.

It's also a money saver. Lenehan estimates it would cost $200,000 a year to have an officer watch over the cage full-time.

The cutout is actually a picture of real MBTA Officer David Silen.

THE ASSOCIATED PRESS

Senator steps down over health troubles

A timely departure?
Liberal party insists Zimmer's exit not tied to expense scandal

A Liberal senator who made headlines in 2011 when he married a woman more than four decades his junior is stepping down amid ongoing health concerns.

Rod Zimmer's departure, made known in a letter to the Governor General, was circulated around the Senate on Tuesday, and comes against the backdrop of an ongoing scandal over improper expense claims.

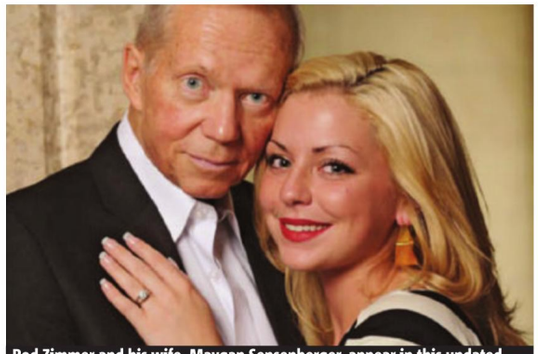
A spokesman for Liberal Sen. Jim Cowan, the leader of the Opposition in the Senate, says Zimmer's resignation is strictly health related and has nothing to do with the ongoing expense review.

His resignation letter was submitted late Friday and took effect immediately, according to a copy of the notice, obtained by The Canadian Press.

Zimmer, 70, has represented Manitoba in the upper chamber since being appointed in 2005 by former prime minister Paul Martin.

Zimmer has been in and out of hospital several times this year, most recently in May with a respiratory ailment. He also spent nearly three weeks in hospital last spring battling pneumonia. Prior to being appointed to the Senate, he was diagnosed in 2003 with throat cancer but bounced back.

A spokeswoman for Liberal Leader Justin Trudeau says Zimmer notified him ahead of time about his intention to leave. THE CANADIAN PRESS



Rod Zimmer and his wife, Maygan Sensenberger, appear in this undated Facebook photo. FACEBOOK

Trouble in the skies

The senator's wife, an aspiring actress, was found guilty of causing a disturbance during an Air Canada flight to Saskatoon last year

- Passengers stated Maygan Sensenberger threatened to slit Zimmer's throat but she claimed she was upset because her husband appeared to be having a heart attack.
- Zimmer supported his wife throughout the court proceedings and insisted repeatedly that he never felt threatened by her actions.

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471 Eglinton Ave. W
662 King St. W, Unit 2
939 Eglinton Ave. E, Unit 106
154 University Ave., Unit 101
2200 Yonge St., Unit 104
2397 Yonge St.
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Apparent python strangling leaves city in utter disbelief

Two dead. Family and friends reminisce over brothers, struggle to cope with 'bad dream'

The deaths of two boys, who police believe were killed by an African rock python while they slept at a friend's apartment, has rattled the northern New Brunswick city of Campbellton, where the children were remembered Tuesday as fun-loving free spirits.

Noah and Connor Barthe, aged four and six, were found dead Monday after the 45-kilogram snake escaped its enclosure in the apartment, slithered through a ventilation system above and fell through a ceiling into the living room where they were sleeping, police said.

From left, Noah Barthe, Mandy Trecartin and Connor Barthe in an undated photo. RCMP in Campbellton, N.B., said the boys, aged four and six, were found dead Monday morning. FACEBOOK/THE CANADIAN PRESS

Dave Rose, the great uncle of the boys, said Noah was looking forward to starting kindergarten this fall, joining his older brother at elementary school, before "this awful tragedy."

Rose said the boys were spending the day with family friend Jean-Claude Savoie, who took them shopping and to a farm before they returned to his apartment.

"They were two typical children; they enjoyed life to a maximum," Rose said.

The Facebook page of the boys' mother, Mandy Trecartin, shows a mom devoted to and proud of her boys.

"My two super handsome boys sporting their Christmas PJ's," Trecartin wrote on a photo of the boys in front of a Christmas tree last year.

"I can't believe this is real," Savoie told Global News on Monday.

He said he didn't hear a sound and only discovered the "horrific scene" when he went into his living room that morning. At that point, Savoie said he pinned the snake down and put it in a cage.

THE CANADIAN PRESS

Autopsy, necropsy

The search for answers continues

The RCMP said the boys were found dead in an apartment above Reptile Ocean, an exotic pet store.

The RCMP said Monday they believe the snake strangled the boys, but Sgt. Alain Tremblay said Tuesday investigators are waiting for the results of an autopsy on the children as well as a necropsy on the snake.

Asked why anyone in the apartment didn't appear to have heard anything, Tremblay said that was still under investigation.

Reptile Ocean in Campbellton, N.B. THE CANADIAN PRESS

The snake was later captured by Savoie, who also owns Reptile Ocean. It was later put down by a veterinarian and sent for a necropsy to help determine what may have prompted it to attack the boys, Tremblay said.

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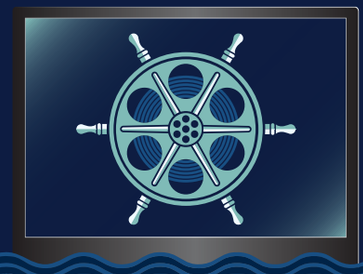

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Postpartum depression. Urban mothers at higher risk, new study suggests

New mothers living in big cities in Canada have a higher risk of postpartum depression than women in less populated areas, a study has found.

Postpartum depression can occur after a woman gives birth and is a health risk for both women and their babies. The symptoms are more intense and longer-lasting than the typical baby blues and may interfere with a mother's ability to care for her child.

The study, published Monday in the Canadian Medical Association Journal, is based on a 2006 national survey of almost 6,500 new mothers. It found that almost 10 per cent of the women living in cities with a population of at least 500,000 reported experiencing postpartum depression.

That's compared to six per cent of new moms in rural areas, almost seven per cent in semi-rural or small-town areas and about five per cent in semi-urban areas.

"Social support was a major factor," said lead author Dr. Simone Vigod, a psychiatrist at Women's College Hospital in Toronto. "So women in large urban areas were reporting much lower levels of social support than women in all three other groups."

Postpartum depression symptoms are more intense and last longer than the typical baby blues. ISTOCK

Many large cities also have a higher percentage of immigrants.

"And those women in particular in our study appeared to be at increased risk," explained Vigod, adding that women whose families live elsewhere may not have the same kinds of support. THE CANADIAN PRESS

Rights investigation

Shuttle firm sorry gay couple sent to back of bus

The company that runs the shuttle service to the Albuquerque airport's rental-car centre is apologizing after a driver allegedly ordered a gay couple to sit in the back of the shuttle bus.

According to a police report, one of the men said they'd been holding hands and that the driver ordered them to the back when one of them started to sing. THE ASSOCIATED PRESS

Climate change

Sea, snow and ice simmering: Study

A U.S. study by the National Oceanic and Atmospheric Administration says 2012 sweltered with signs of climate change. Rising sea levels, snow melt, heat in the oceans as well as melting Arctic sea ice and Greenland ice sheets all broke or nearly broke records. THE ASSOCIATED PRESS

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Smart toilets a stinky idea?

There's an app for even that. Expert says new porcelain throne, which can be controlled remotely, is overflowing with bad and unsafe features

Flush it! The remotely controlled Satis toilet brings technology, and possible privacy concerns, into the loo. METRO WORLD NEWS

KATHRYN GILBERT
Metro World News

During technology security firm Trustwave's Home Invasion 2.0 presentation, a startling revelation was made: Using a smart toilet isn't all that safe. The remotely controlled Satis toilet can be operated by anyone with the complementary app, meaning it's ripe for mischief-making. Metro spoke to managing consultant Dan Crowley, who discovered the breach, about the toilet, as well as another worrying way in which your home can be hacked.

So, tell us about the toilet.
All that anyone has picked up on is the toilet, and it was actually the least important thing in that talk — I unlocked a door on a stage, and still the media only mentions the toilet.

OK, but let's discuss the toilet for a minute — have you actually heard of anyone hacking it?
It's funny you say that, as I went to this party after the presentation and I met a guy there who was very excited to see me. The toilets at this Vegas hotel were smart ones, and people were stealing all the water from them!

But do you think anyone would actually do any real harm with the hack?
Say a prime minister or president has a smart toilet. It keeps records of your bowel movements, and so people could discover stuff about their health. That's where it could be serious. I don't want to over-blow it, though.

Espresso and prostitutes

Accused owner of drive-thru brothels sues cops for cash

A woman accused of using her espresso stands as drive-thru brothels is suing the city of Everett, Wash., to recover $250,000 she says was wrongfully seized.
THE ASSOCIATED PRESS

Market Minute

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JUST SAYIN'

Paul Sullivan
metronews.ca

What fun it must be to be a multibillionaire!

You can pretty much buy anything or do anything you want.

Consider Jeff Bezos, the founder of Amazon.com, net worth $25.2 billion US and the world's 19th-richest person. He just bought the Washington Post, one of America's most respected newspapers, for $250 million US out of his own pocket.

That's not quite as much as the Qatar royal family paid for Paul Cézanne's The Card Players: $259 million for the painting, one of five in a series, immediately making it the highest price ever paid for a work of art. For the rest of us punters, there's one in the Musée d'Orsay in Paris that looks just like it, and it costs only nine euros to get in. Look, but don't touch. If so inclined, the Qatar royal family can smear their Cézanne with ketchup.

Speaking of ketchup, billionaires are not only interested in buying interesting stuff — they also like to make interesting stuff. Just the other day, Sergey Brin, one of the Google billionaires and the world's 21st-richest person, funded the creation of a test-tube hamburger. An ordinary person would hit the drive-thru, but when you're a billionaire you can get them to whip up magic meat in the lab that tastes almost like the real thing, and no animals were harmed in the making of this burger. I wonder how much it would cost to create real bacon from scratch?

When ordinary people plan a surprise birthday party, it's a big deal if they rent a clown. When Lululemon founder Chip Wilson threw a surprise birthday party for his wife over the weekend, he rented the Red Hot Chili Peppers. He's only the world's 490th-richest person, but you can't buy that kind of cool, can you? What am I saying? Of course you can!

Of course, some billionaires prefer to continue to squander their wealth on conventional toys. Russian oligarch Roman Abramovich, the world's 107th-richest person, bought a yacht called the Eclipse for (once it's all outfitted) a rumoured $1.5 billion. Hard to believe, but at 162.5 metres, it's only the world's second-longest privately owned yacht. The longest is the Azzam, rumoured to be owned by powerful Saudi billionaire Al-Waleed bin Talal, the world's 26th-richest person.

Both the Eclipse and the Azzam are monuments to excess (or is that excessive monuments?). The Azzam is longer than a British Type 45 destroyer. The Eclipse has not one but two helicopter pads, carries a mini-sub on board and requires a crew of 70 to operate it.

Not every billionaire is so conspicuously consumptive. Speaking of ketchup (again), Warren Buffett, the world's fourth-richest man, just bought ketchup-maker Heinz for $23.2 billion. Even though Buffett is the richest man in America, he still lives in the same house in Omaha he bought in 1958 for $31,500.

Oh, and thanks to Bezos and his most recent purchase, Buffett's shares in the newspaper's parent company have increased in value 9,000 per cent.

Some multibillionaires just like to collect ... more money.

ZOOM

That steam engine is so crochet

SLAWEK FIJALKOWSKI

Artist crochets entire locomotive

The daily commute would be a cosy prospect if all trains looked like this. Textile artist Olek (a.k.a. Agata Oleksiak) has completed her largest piece ever, a Px48 steam locomotive and carriages covered in crochet. The Polish-born artist worked around the clock for two days in Lódź, Poland, to cover the train in yarn.

METRO WORLD NEWS

Q and A

It's old and new

OLEK
Artist, 35, born in Poland

What does it represent?

For me, it stands for my home nation of Poland. People here want change and to see new things. But we still have an older generation with an old-fashioned mentality.

Clickbait

LUKE SIMCOE
Metro Online

Unlike Facebook, Twitter doesn't require that you register with your real name. The nod to the kind of fluid identity that characterized earlier social networks has given rise to a plethora of parody accounts, ranging from brilliant satire to crude portrayals of Twitter's better-known users. Here are just a few that caught Metro's eye.

@PippaTips
A send-up of Pippa Middleton's much-derided Celebrate party-planning book, this parody account of Kate's lesser-known sister offers helpful advice like "headache tablets can be great in helping deal with a headache." Rumour has it that Pippa is considering legal action to have the account taken down.

@feministtswift
Taylor Swift's troubles with boys have been highly publicized, but this parody account sheds light on the Red singer's struggle against patriarchy, mashing her lyrics together with insights about sexism and social justice. Let's just say it puts the gender in Trouble.

@TOMayorFrod
Politicians have always been ripe targets for satire, and who better to skewer than embattled Toronto Mayor Rob Ford. As Mayor Frod's subtle name change suggests, the account walks a fine line between parody and truth and has more than once been mistaken for the real deal.

DARRON CUMMINGS / THE ASSOCIATED PRESS

Twitter

@metropicks asked: A town is shocked after a python killed two boys. Should Canada ban exotic pets? Which ones?

@jasminshirazi: I thought there already was a ban on dangerous/exotic pets?! This is so sad, and the lack of a ban is ridiculous.

@EilishMcL: like registered day homes, food and health inspectors; regulate & inspect housed exotic animals regularly & sporadically.

@BatestonBeauty: Unfortunately, you can't ban accidents.

@HulaNova: YES! All of them. They are not domestic creatures and they belong in the wild!

@matdey1980: Canada, land of cats and dogs only! You might want to double check the full list of exotic pets

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SCENE 2

Movie review

We're the Millers

Director. Rawson Marshall Thurber

Stars. Jennifer Aniston, Jason Sudeikis

Ex-SNLer Jason Sudeikis plays Dave, a low-level drug dealer who agrees to smuggle an RV load of marijuana from Mexico to the United States to settle a debt. To cover his tracks, he recruits a stripper (Jennifer Aniston), a homeless street punk (Emma Roberts) and a neighbour (Will Poulter) to pose as his family. We're the Millers takes a good idea, mixes in some outrageous performances but spoils the promise of the premise with the last 20 minutes. **RICHARD CROUSE**

Movie review

Percy Jackson: Sea of Monsters

Director: Thor Freudenthal

Stars. Logan Lerman, Brandon T. Jackson, Stanley Tucci

Percy Jackson is feeling the sophomore slump. He saved the world once, but what if that's all he had in him? But a quest to find the fabled golden fleece and save his fellow demi-gods at Camp Half-Blood gives Percy a chance to prove his mettle. It doesn't match the mid-level heights of the original, but part two should satisfy established fans. **IAN GORMELY**

Matt's just taking the boot off his neck

Interview. Damon talks about everything from unreal body images to his value system that has him going against his own best interests

NED EHRBAR
Metro World News in Hollywood

Matt Damon stars in Elysium, which opens in theatres this weekend. CONTRIBUTED

When Matt Damon saw himself onscreen in Elysium — after months and months of diet and four-hour gym sessions to get him into to sci-fi action hero shape — all he could do was laugh.

"It just looked ridiculous to me," he says. "It's so indulgent, but it's part of the magic trick. I understood why (director Neill Blomkamp) needed me to look like that for that to establish the character. He didn't want any fat on me because he said, 'I want you to look almost Haitian, like you're incredibly fit but you've been working so hard and perhaps you've missed some meals.'"

While it worked for the film, Damon was happy to let the workout regimen lapse.

New looks

"(My wife) was fine with me buff, but she was fine with me (40 pounds overweight)."

Matt Damon
On what he looks like in different roles

"It's just not a natural way for somebody to look. These people who look that way are either genetic freaks or they're just living in a gym," he says.

"(My wife) was fine with me buff, but she was fine with me (40 pounds overweight) on The Informant! I think she just likes variety."

While he might not find it easy to relate to the look of his character, Max — an ex-con factory worker taking on the rich and powerful on their satellite sanctuary, Elysium, which is orbiting the ravaged slum Earth has become — he can at least understand him emotionally and intellectually.

"He's doing the best he can in a world that's getting increasingly difficult to live in," Damon says. "I think a lot of people can relate to that in this kind of prolonged economic downturn where it feels like the world keeps putting its boot on your neck a little more forcefully every day."

Speaking of the current state of the world, Damon has never been one to shy away from addressing political issues, and Elysium offers him a great chance to talk immigration, one of the major themes in the film.

"Look, it's a nation of immigrants and I'm from a family of immigrants, so yeah, clearly they're going to have to figure that one out," he says.

"But the politicians don't talk about it at all. They just see it as an issue where with the polling on it, they're just confused on which way to go. So the Republicans just send out Marco Rubio to speak Spanish to everybody."

Not to suggest, though, that Damon thinks he has all the answers.

"I don't have a comprehensive immigration plan, no. But I can work on it," he says.

As for relating to the have-nots, like his character in the film? "F— them," Damon offers with a laugh.

"No, at least in my case I think the values that I have are consistent with the values I was raised with. I vote against my own self-interests constantly. I campaign against my own self-interests. If you're born with a silver spoon in your mouth, you're probably more likely to be the Koch brothers and think that you shouldn't pay taxes on things. I think it's just a question of where you come from."

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The War on Drugs has been lost ... at the movies

Movies. From Cheech and Chong to this weekend's We're the Millers, drugs have long been a popular plot in Hollywood

IN FOCUS
Richard Crouse
scene@metronews.ca

In We're the Millers, a fake family tries to smuggle marijuana over the border. CONTRIBUTED

These days drugs — some legal, some not; some real, some not — are popular plot devices in Hollywood.

Recently Sandra Bullock and Melissa McCarthy battled against a nasty drug pusher in The Heat, the drug lord Braga made a return appearance in Fast & Furious 6 and Love and Other Drugs, starring Jake Gyllenhaal as a pharmaceutical salesman played like a 90-minute ad for Viagra.

In this weekend's comedy We're the Millers Jason Sudeikis and Jennifer Aniston star in the story of a pot dealer who recruits a fake family to help him smuggle enough marijuana to "kill Willie bleeping Nelson" out of Mexico.

"Crossing the border alone, huge red flag," says David (Sudeikis), "but families, they don't get a second look."

Jay Baruchel played one of the most unconventional drug dealers of recent times in Fetching Cody.

Variety called the movie a "mix of gritty street-life drama, perky teen romance and seriocomic sci-fi time-tripping," but that description hardly does this strange little gem justice. Baruchel is Art, a drug pusher on Vancouver's Downtown East side. When his girlfriend Cody (Sarah Lind) drops into a coma after a drug overdose, Art uses a homemade time machine to visit key moments in Cody's life. Ultimately he learns that the best way to save her life will be the hardest option for him to choose. It's a cool film for those who like their romantic fantasy with a bit of grit.

A Clockwork Orange had maybe just a few drug references. CONTRIBUTED

David Cronenberg devised Ephemerol, a tranquilizer used as a morning sickness remedy for his film Scanners. Side effects? Telekinetic and telepathic abilities. Later, in Naked Lunch, Cronenberg featured the more recreational drug Bug Powder, a yellow dust formally used by exterminators, informally by people looking to find a "literary high."

A Clockwork Orange was chock-a-block with fake drugs; everything from Drencrom to the synthetic mescaline Synthemesc to Vellocet, which produced ultra-violent tendencies and sudden outbursts of Singing in the Rain.

Brain Candy, the 1996 Kids in the Hall comedy, created a cure for depression called GLeeMONEX that "makes you feel like it's 72 F in your head all the time." Unfortunately the pill's patients also turn into comatose zombies.

Perhaps the strangest recreational cinematic drug was Space Coke from Cheech and Chong's Next Movie. One snort was enough to literally send both stoned comedians into outer space.

Kathryn Hahn. When comedy's in the cards

The actress talks about making the move from drama to comedy, her role in We're the Millers and grabbing Jennifer Aniston's boobs.

Kathryn Hahn GETTY IMAGES

On prepping for her character:
"For some reason I decided she had to have cumbersome, maternal boobs. So I put on fake big boobs. I grew up in Ohio. I have a very soft spot for this type of woman — open, food always out, always up for a family weekend away at a campground. I just know this woman and love her so much."

On working with a lot of the same people over and over again (Nick Offerman and Will Ferrell, each twice; Jennifer Aniston, thrice; Paul Rudd, four times):
"You want to work with people you dig, but also people you not only respect but would feel safe with. You have to feel comfortable with grabbing each other's boobs, for example (as she does to Aniston in We're the Millers).

On being a dramatic actress who never thought of herself as a comic actress:
"I was always the class clown. I've never been cast as the ingenue. It was always as the grandma. I should have known that somewhere in there, comedy was in my cards. I've been able to go back and forth, which is my favourite thing about my job. I would never deem myself an improv comedian or a stand-up. I'm still waiting for them to go, 'What are you doing here?'"

On entering the world of comedy:
"(Other actors) all make it incredibly easy. More than anything they're the most decent human beings. They're not on all the time. It's not exhausting. When I first met Will Ferrell, I was so nervous, even more so than if I had been meeting the president. I didn't think I could open my mouth because I would never say anything funny ever again. But they just allow freedom in that environment. You can't make a wrong move. There are no mistakes."

MATT PRIGGE/MWN

Who is Kathryn Hahn?

- **Known for.** Throwing herself on an asexual John C. Reilly in Step Brothers; playing Paul Rudd's fearless campaign manager on Parks and Recreation.
- **Now.** Stealing We're the Millers as an overly gregarious and perky suburban mom.
- **Soon.** A lead role in Afternoon Delight; key roles in Ben Stiller's The Secret Life of Walter Mitty, Peter Bogdanovich's Squirrel to the Nuts (shooting now) and the just-greenlit Showtime show Trending Down with Philip Seymour Hoffman.

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METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

Usher's son nearly died in swimming accident

THE WORD
Dorothy Robinson
scene@metronews.ca

Sad news today from Atlanta: Usher Raymond V, Usher's oldest son with ex-wife, Tameka Raymond, is in the ICU due to almost drowning in the singer's pool.

According to TMZ, the five-year-old dove into their pool to fish a toy caught in the drain, trapping his hand underwater.

His aunt immediately dove in but couldn't pull him out. A maid also dove in.

Finally, two men working on the house were able to pull him free and give him CPR.

Usher, who was not home at the time of the accident, was able to return home in time to ride in the ambulance with his son to the hospital.

This is the last thing the Raymond family needs. Tameka's oldest son, Kile, from a previous relationship, died last year from a jet ski accident.

Oprah Winfrey ALL PHOTOS GETTY IMAGES

Oprah muses on Deen's racism

Oprah Winfrey is finally speaking out about the controversy that enveloped Paula Deen after her past use of racist language had come to light.

"In the very first days I tried to reach her and then I decided to stay out of it as I saw it blowing up," Winfrey tells Entertainment Tonight. "In time she will be fine. For me, it all just felt kind of sad."

Winfrey herself admits she doesn't deal with such language firsthand much anymore.

"Nobody in their right mind is going to call me the N-word," she says. "It shows up for me if I'm in a boardroom or situations where I'm the only woman or I'm the only African-American person within a hundred mile radius. I can see in the energy of the people there, they don't sense that I should be holding one of those seats."

Halle Berry

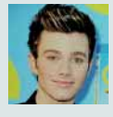
Berry's baby bump limiting X-Men role

Next summer, if it looks like Halle Berry isn't on screen in X-Men: Days of Future Past as much as you'd like, blame her new baby.

"I wasn't in it as much as I was meant to be. (Pregnancy) kind of coloured what my involvement could be, which was why I was one of the first ones in and the first ones out," she tells Total Film. "My ever-growing belly was posing a constant challenge. What I could do was getting more limited, so the role I play is so different from what it could have been, due to my surprise pregnancy."

Twitter

@JuddApatow
Feels like there is too much of everything. I kind of liked it better when there were seven channels and 9 wasn't a good one.



@chriscolfer
Oprah's hugs are magical! Best morning ever!!!

@oliviawilde
Has it really been 10 yrs since we soaped up tv screens with The OC? Jesus. Was that legal? I remember lots of bronzer and kissing.

Ski-phobe guide to Banff and Jasper

With ample powder coating runs and majestic snow-capped mountains in the periphery at every turn, powder hounds and ski bunnies flock to Alberta's vaunted National Parks. But you don't have to be into the white stuff to enjoy these Parks Canada jewels.

STORY AND PHOTOS MIKE DOJC
life@metronews.ca

Get up close and personal with a glacier

Sipping from a 400-year-old natural snow cone at the Columbia Icefield's Athabasca Glacier, one of the largest hydrological wonders south of the Arctic Circle, I feel more refreshed than every athlete in every Gatorade commercial ever made.

Journeying along the spectacular Icefields Parkway (a.k.a Highway 93 north) to the borderline of Banff and Jasper National Parks, get ready to step back in time and experience a glimpse of the last ice age when woolly mammoths stomped along the frozen tundra. Tours aboard massive 30-tonne Brewster Ice Explorers (think tricked out Greyhounds with monster truck tires) depart every 15 to 30 minutes from the Columbia Icefield Discovery Centre.

It's an 80-minute adventure and you'll spend a good chunk of that time roaming the icy expanse. While you can cup your hands to imbibe the glacier fresh melt-water, it's best to tote along your own canteen or flask to spare your fingers from turning blue.

Float along the Bow or Athabasca River

While experienced rafters might prefer to paddle, camera-clutching sightseers will likely opt for a float trip, the sweat free alternative. It is as relaxing as a Venetian gondola ride only with the added thrill of the occasional chilly splash of shimmering glacial-silt-laden waters. During my guided float down the Atha-B (as the cool kids call it), the guide jokes that if we take a spill into the cold stuff we better take someone overboard along with us because he only bothers rescuing two or more. While the ride down this Canadian Heritage river is as tame as a kiddy roller coaster, the scenery is eye-popping spectacular and it's easy to imagine that traversing this waterway must have been the biggest perk of being a fur trader back in the day.

Skimming the river, the wild Rocky Mountain landscape unfolds with a cinematic effect. You can't help but gawk at the spruce tree flecked shoreline and mountains so beguiling they appear to be cribbed from the Paramount Pictures logo. The sheer beauty of the wild Rocky Mountain landscape comes alive from a river vantage.

Banff Springs Golf Club cart tour

You don't have to be the least bit curious about the type of grass used on the putting greens to appreciate this Stanley Thompson masterpiece. On the $25 cart tour you'll drive around the iconic Canadian track scoping out the rocky face of Mount Rundle and the tree covered slopes of Sulphur Mountain while your guide regales you with lore. Devil's Cauldron is a be-still-your-beating-heart-and-break-out-the-easel flagstick surrounded by sheer natural splendor. Featuring a glacial lake and rugged mountain backdrop, the spellbinding par-3 was shortlisted by Golf Magazine as one of the top 18 holes in the world. Another highlight is the horseshoe-shaped bunker on a hole known as The Goat, a sly wink by the designer telling golfers who have the misfortune of being forced to shoot over it, "Good luck." After taking in the sites, even novices will be itching to book a tee time. For experienced golfers looking for a challenge, the area is replete with top notch mountain courses including Jasper Park Lodge, Stewart Creek, and the Canmore Golf & Curling Club, to name a few. Canadianrockiesgolf.ca can set you up for a package deal.

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It only takes about an hour to drive across Rhode Island, which is wedged between Massachusetts and Connecticut and straddles picturesque Narragansett Bay, but its pleasures are many. It boasts stunning wide, sandy beaches and architecture that goes back to Colonial times. Newport and other communities became a summer playground for the rich during the Gilded Age, but you don't have be a Vanderbilt to enjoy the Ocean State.

THE ASSOCIATED PRESS

5 Free things to do in Rhode Island

Cliff Walk

Cliff Walk runs alongside the Atlantic Ocean and some of Newport's most beautiful mansions, known as "summer cottages" to the families that built them in the 1800s. Around two-thirds of the 5.6-kilometre trail is currently closed because of damage from Superstorm Sandy, but the most heavily travelled parts are still open. The walk runs along private property, so stopping for extended periods is not allowed. But there is a seating area along the trail outside The Breakers mansion, built for the Vanderbilts, and it's the perfect spot to eat a picnic lunch.

Waterfire

This simple concept, lighting bonfires in the rivers of downtown Providence, has become a wildly successful public art project, drawing tens of thousands of people to each lighting. It runs more than a dozen nights a year, and on some nights stages are set up that feature free live music or dancing. The schedule for the rest of 2013 includes lightings scheduled for Aug. 10, Aug. 24, Sept. 7, Sept. 21, Sept. 28, Oct. 5, Oct. 12 and Nov. 9. Details at waterfire.org/schedule/2013-waterfire-event-schedule.

The Providence Athenaeum

With roots dating back to 1753, this private library is one of the oldest in the country. It is housed in a Greek Revival-style granite building that neighbours Brown University and the Rhode Island School of Design. Edgar Allan Poe courted poet Sarah Helen Whitman here, and legend has it she called off their wedding within the Athenaeum's walls. The Athenaeum is closed to the public from Aug. 4 through Aug. 18, but otherwise open Monday to Thursday, 9 a.m. to 7 p.m., Fridays, 9 a.m. to 5 p.m., Saturdays 9 a.m. to 1 p.m. From September to May, it's open Saturdays until 5 p.m. as well as Sundays 1 p.m. to 5 p.m.

Benefit Street

On the doorstep of the Athenaeum is historic Benefit Street, a mile-long stretch of notable buildings. The brick sidewalk will take you past Colonial, Federal and Greek Revival-style homes, Rhode Island's Old Statehouse and the white stone First Unitarian Church, built in 1815. You'll also pass alongside the First Baptist Church in America, a congregation founded by colonist Roger Williams, champion of the separation of church and state, an idea later enshrined in the U.S. Constitution.

Watch Hill

A seaside village in Westerly on the Connecticut border, Watch Hill has become known most recently as the summer home of pop star Taylor Swift. She recently bought a house here and has been spotted frequently. The area was hit badly by Superstorm Sandy, which washed away much of the sand on the beaches and deposited some of it in its quaint shops. Watch Hill has recovered from the damage, and its sandy beaches on Block Island Sound are, as usual, the best reason to visit.

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Want a room less ordinary? Try California's Madonna Inn

A little whimsy. With its wild-theme rooms and off-the-wall decor, this isn't your run-of-the-mill motor inn

MICHELLE CASTILLO
Metro World News in New York

If you're ever in San Luis Obispo, Calif., you might want to spend a night at the Madonna Inn.

Each of the motel's rooms features a different theme, so there's something to cater to every whimsical desire.

You can go on an adventure in the "Safari Room," have a romantic getaway in "Hearts & Flowers" or even travel to the past in the "Old World Suite."

We talked to Clint Pearce, the president of Madonna Enterprises, to get the scoop behind the hotel.

What's the story behind all the themed rooms at the Madonna Inn?
When the Inn was envisioned in the late '50s, Alex and Phyllis Madonna wanted an experience you couldn't find anywhere else.

They thought it would be fun to make every room different as if each were a unique experience, and wanted to differentiate their Inn from other motor lodges where every room was identical.

Mr. Madonna used to joke that he was worried about making a mistake with the rooms, so if he made each one different at least he couldn't make the same mistake twice.

Exactly how many rooms are there and how many themes?
We have 110 guest rooms, and each is different so I suppose there are 110 themes.

That being said, there are common themes such as old west, nautical, etc., but within the common themes the rooms are vastly different.

What's the most popular room?
The most popular room has always been the "Caveman Room." It started as the Flintstone room but the folks at Hanna-Barbera were protective of that name so it was quickly renamed to Caveman.

Have any famous people stayed at the Madonna Inn? What rooms did they stay in?
Wow, we've had so many celebrity guests throughout the years it's hard to spotlight one.

We also like to keep our guests confidential.

But here it goes: Somewhat recently we had a big name actor stay in "Pick and Shovel" and had a very big time.

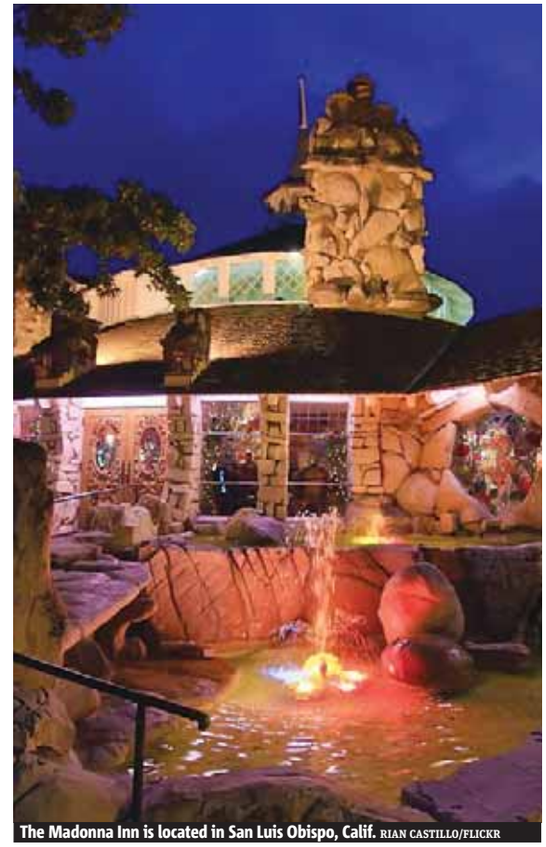
To our housekeepers' surprise, he was usually naked during his stay. He even had unusual requests of concierge, all PG-rated thankfully.

We also had the Playboy Playmates stay with us in the "Love Nest" room. They even filmed part of their reality show on property.

In your opinion, what is the strangest room?
I would say it's "What's Left."

This is actually a room of the bits and pieces of what was left after building all the other rooms.

Do you have any plans to add new rooms or introduce new themes?
Not at this time but you never know what the future holds.


The Madonna Inn is located in San Luis Obispo, Calif. RIAN CASTILLO/FLICKR

Food

Good eats on the streets

ON THE MOVE
Loren Christie
life@metronews.ca

New bylaws and health regulations governing the sale of street food in cities from Calgary to Montreal have made food trucks this summer's hottest dining trend. Celebrity chef Michael P. Clive recently shared his insights on this unique culinary experience.

Why do you think food trucks have become so popular?
It's TV. No one talked about food trucks before food shows started plugging them. A handful of people who thought food trucks were cool zoomed in on them.

So why have they remained popular?
Food trucks offer a 20 to 25 minute fun meal experience, not the one hour investment plus that a restaurant requires. And on a sunny day, people want to eat outside. People like to stand around, mill about, talking about their food. People like the diversity of food that's being offering in these food trucks.

Most major cities in Canada are on the food truck bandwagon. ISTOCK

Do you eat off food trucks when you travel?
If it's clean. I want to see what the chefs are strutting. I am intrigued with the low overhead (costs of the food truck). I want to see if they are putting more into the food.

How do you know if it's clean? If it's safe to eat there?
First of all if they are on the street you have to believe they are abiding by bylaws and regulations. But take your own eyeballs and have a look at cleanliness. I look for a place that is clean, polished and organized. Do they have a theme worked out with their decor? If they care about the overall appearance, that's a good sign.

Are there foods you would always avoid?
Food trucks can do pretty much anything if they are equipped right. With a grill, deep fryer or flat skillet they can achieve pretty much anything. I would avoid the hot dog trucks, but not for safety reasons. It's just that I have had them my whole life; now I can get fish tacos and weird juice concoctions. It's where we are in 2013, people want gourmet food sold at a reasonable price and they don't need the hoity-toityness of a finer dining restaurant to get it. Cities like Halifax, Toronto and Vancouver have apps you can download that will give you daily updates on the whereabouts of local food trucks.

Be part of a live, studio audience!

TV Tapings. Still looking for things to do this summer? Why not check out some TV tapings in Toronto?

MuchMusic's Live at Much is just one show where you can attend tapings. THE CANADIAN PRESS

We may be living in a time of Netflix and cable cutting, but in television, taping in front of a studio audience is a concept that hasn't died out just yet.

And with this summer's weather being a little less than steamy, why not take the family behind the curtain within the TV studios?

With TV amid something of a golden age, with dramas like Breaking Bad and Mad Men making the family-room couch the hub of must-see pop culture, shows that use live audiences — like game shows or reality programs — have hardly faded.

And while tapings were once the station of those seeking jobs in acting, communications or production, those shows have increasingly become an opportunity for families to enjoy a unique summer experience.

"It used to be something that a very small percentage of the population was interested in," says Cara Volchoff, series producer of Pop Quiz and head of factual entertainment for Pixcom. "Now ... it's something families can do together and really go to experience together and then have conversation about afterward, that kind of dinner-table conversation."

Volchoff says Toronto — with some possibilities in Vancouver and Montreal — is essentially the one place in the country where you can get the taping experience.

"I think the best thing about coming into the studio and seeing something live is for the television experience itself — not only do you feel like you're a part of something that's so much bigger than you, you also get to see that behind-the-curtain aspect of television we never get to see."

It means a lot to performers, too.

"The audience gives you an energy that a laugh track just can't produce," says Volchoff. "It gives your talent someone to perform to, it gives your crew and your directors something to help heighten the circumstance of that situation and get an inside gauge on what's working and not working."

"It's better having a crowd, always," says Debra DiGiovanni, a stand-up comedian and regular panellist on the taped game show Match Game.

"The live element is really important," agrees Sean Cullen, another panelist on the show. "If we had no one there laughing at anything, it'd be really hard to do the show."

In choosing a show, Volchoff suggests you go to something you can give energy to and enjoy for a reasonable amount of time; tapings can range anywhere from two to six hours.

"If you don't like it, you're not going to enjoy yourself, nor are you giving the producers or the talent the energy they're hoping to get, as well," she says.

"People want to be part of something, quite frankly, and being part of something that's making it 10 times better."

THE CANADIAN PRESS

Worth checking out

- **E!'s Pop Quiz.** Billed as "Jeopardy for the rest of us," the game show — played at lightning speed, pits 10 contestants against each other with random pop-culture questions. To watch, email popquizaudience@pixcom.com with a request for tickets. Or apply to participate by visiting julescasting.com.
- **CBC's In The Kitchen with Stefano Faita.** The public broadcaster is out with an interactive show featuring Stefano Faita. Audience members can be invited onstage to help him make a recipe. Guests can apply for free tickets at cbc.ca/inthekitchen/about-the-show/get-tickets.html.

Hilton Waikoloa Village, Hawaii

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Keep it classic with roasted chicken

ROSE REISMAN
for more, visit rosereisman.com or follow her on twitter @rosereisman

There's nothing like a wonderfully well cooked roasted chicken. To keep it moist, I like to stuff it with a grain like this orange dried apricot couscous and a velvety apricot glaze.

1. Preheat oven to 400 F spray a roasting pan with vegetable oil.

2. Apricot glaze: Combine all ingredients until well mixed.

3. Bring chicken stock to a boil in saucepan; stir in couscous, cover and remove from heat. Let stand for 5 minutes; fluff with a fork. Add 3 tbsp of apricot glaze along with snow peas, carrots and apricots.

4. Loosely stuff chicken with some of the couscous. Place in roasting pan. Put remaining couscous stuffing in a casserole dish and cover. Set aside.

5. Brush whole chicken with some oil, salt and pepper and 2 tbsp of the apricot glaze. Bake for 1 hour, or until juices run clear when leg is pierced at thickest point or when temperature reaches 160 degrees F.

6. Put casserole with stuffing in oven for last 30 minutes of roasting time. Let chicken rest for 10 minutes before carving.

7. Serve chicken with couscous and remaining glaze. **ROSE REISMAN'S ENLIGHTENED HOME COOKING (ROBERT ROSE) BY ROSE REISMAN**

Ingredients

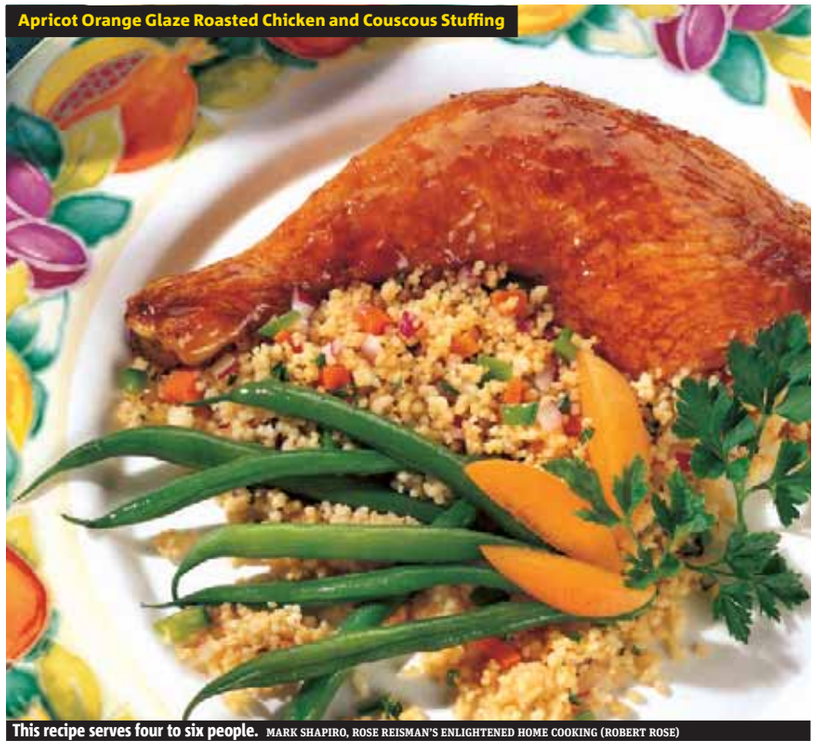
- 3 lb roasting chicken

Apricot Glaze

- 3/4 cup apricot or peach jam
- 1/2 cup chicken stock
- 3 tbsp orange juice concentrate, thawed
- 1 tbsp soya sauce
- 1 tsp minced garlic
- 1 tsp minced ginger root

Couscous Stuffing

- 1 cup chicken stock
- 1 cup couscous
- 1 cup finely chopped snow peas
- 1/2 cup finely chopped carrots
- 1/2 cup finely chopped dried apricots



Apricot Orange Glaze Roasted Chicken and Couscous Stuffing

This recipe serves four to six people. MARK SHAPIRO, ROSE REISMAN'S ENLIGHTENED HOME COOKING (ROBERT ROSE)

Drink of the Week

Hennessy Sweet Tea

Try this rich, new take on a classic way to cool down.

- 1.5 oz Hennessy V.S
- 0.5 oz Grand Marnier
- 2 oz unsweetened cold tea
- 1 oz simple syrup
- 0.5 oz fresh lemon juice
- Garnish with a twist of orange

Add all liquids into a shaker tin with ice and shake until well chilled. Strain into a Collins glass over fresh ice and garnish with an orange twist.
RECIPE AND PHOTO COURTESY OF HENNESSY

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Pasta is a great way to get grain-based foods into your diet. It's most nutritious when combined with vegetables as well as legumes, fish or lean meat.

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Traditional Mediterranean eating is considered one of the healthier diets in the world for preventing chronic illnesses such as heart disease, strokes, cancer and diabetes. This diet is rich in plant-based foods such as **grains, pasta and bread, as well as a colourful mix of fruits, vegetables, nuts and olive oil, plus small portions of fish, lean meat, cheese and wine**.

Fortunately, it also has a positive impact on the environment because, in general, a plant-focused diet offers a lower carbon, water and ecological footprint.

According to dietitian Andrea Holwegner, "This diet is easy to adopt as it consists of foods we already enjoy, like pasta. And choosing multi-grain varieties of pasta such as the popular Barilla PLUS® is especially smart because it's a source of protein, fibre and omega-3."

Rotini with Fresh Tomatoes, Aromatic Herb Pesto & Ricotta Salata

PREP TIME: 10 MINUTES | COOK TIME: 15 MINUTES | SERVES 4

INGREDIENTS

1 box Barilla PLUS® Rotini
2 tbsp extra-virgin olive oil
4 plum tomatoes, diced
1 clove garlic
3 sprigs marjoram
3 sprigs oregano
6 leaves basil
1 tbsp (25 leaves) parsley
3 sprigs thyme
¼ cup walnuts
¼ cup skim or non-fat ricotta salata, shredded
Salt and pepper to taste

PREPARATION

1. Bring a large pot of water to a boil.
2. In a large skillet, sauté tomatoes in 1 tablespoon olive oil.
3. Cook pasta according to package directions.
4. While pasta is cooking, combine all dry ingredients in blender. Pulse for 10 seconds or until finely chopped.
5. Drizzle in remaining olive oil slowly to create the pesto.
6. Place pesto in bowl and add ½ cup pasta cooking liquid.
7. Drain pasta and toss with pesto and tomatoes.
8. Top with shredded cheese.

Andrea Holwegner (BSc, RD) is founder and president of Health Stand Nutrition Consulting Inc.

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The next time you are looking for a quick and easy dinner dish, try this healthy recipe recommended by Andrea Holwegner. More pasta recipe ideas are available at **www.barilla.ca**

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One, two, three o'clock, four o'clock, stop

Asleep on the job?

There are plenty of ways to avoid getting tired toward the end of your work day

ROSIE HALES
TalentEgg.ca

It's ironic that your energy drops most noticeably when you're at work, exactly when you need to be alert and focused. Fortunately, there are a few handy strategies that you can use to keep yourself from hitting a wall in the middle of the day.

Watch what you're snacking on

Cookies, chips, doughnuts, basically anything that is satisfying a sugar or carb craving is also going to give you a big sugar hangover later in the day.

If you want to fight off hunger, then high-protein foods are the key to staying awake and alert until you get home.

Snack on things like fruit, veggies, hummus, cheese and keep processed and sugary foods for the weekend, when you can indulge and then enjoy the nap that will inevitably follow.

Supplementing an already healthy diet with vitamins such as vitamin B and iron can also help keep you awake throughout the day.

Hydrate

If you find that hunger is making you crave the sweet stuff then try drinking instead of eating. No coffee or soda, just water. Good old H20 can be a good way of a) waking you up and b) filling you up. Research shows that if your body has just two per cent less water than it needs then you'll feel fatigued.

Take a break

Not taking a sufficient break at lunch time can also mean a bigger crash in the afternoon.

If you're constantly working at a computer then the screen can exhaust your eyes, making you feel more tired than you actually are. Giving your eyes a 20 second break from your computer screen every 20 minutes is a good rule of thumb. Also, make good use of your lunch hour. If the weather is good eat your lunch outside or go for a walk or a run. It's a great chance to clear your head and get some exercise in if you can.

These eyes are hurting! These eyes have seen a lot of work but they're never going to get a break unless you prioritize your personal health! ISTOCK

Check out your sleep habits

If you're following these tips already and you're still hitting the wall then ask yourself, are you getting enough sleep? The average person needs anywhere between Seven and 10 hours of sleep a night. If you're cutting corners here, it may be time to stop. Count how many hours you're getting each night and decide if you maybe need to rethink your sleep schedule.

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Let's get physical!

Get your blood pumping

- Offer to do a coffee run for the office, run up and down the stairs a few times, do some simple stretches — any of these will get your blood pumping and refresh you enough for the rest of the day.
- The increased circulation will help you regain some of the energy you've lost already and it never hurts to give your eyes that extra break from the screen.

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Leaps of labour

I'm out of this office! Sporting a seriously long CV does not always mean you're a career commitment-phobe

MEGHAN GREAVES
TalentEgg.ca

How high and far will you hop to reach success? ISTOCK

In the course of your career, you'll meet a number of people who seem to constantly be finding, starting and leaving jobs.

These job hoppers can have a number of different motivations, so don't be too quick to jump to conclusions about their work ethic.

Here's a list of the most common kinds of job hopper. Are you one of them?

The high achiever

This job hopper's need to be at the top of the ladder is the main reason they constantly switch roles. They want to move up quickly in their industry, which means they're willing to take on roles that hold a higher level of responsibility and accountability. This could mean working with their employer to develop a career plan or switching employers completely in order to obtain a higher-level position.

High achievers aren't scared to relocate, leave their current workplace or take on bigger challenges.

The dissatisfied searcher

The dissatisfied searcher is an employee who tends to wander before being able to settle down in their career.

This may be because they aren't sure what type of career is for them, haven't developed the background needed for their ideal role or are looking for something that isn't available to them at that particular point in time.

This type of job hopper may have a harder time finding a role they're happy in, as they're always looking for something more.

The got-to-have-it hopper

The got-to-have-it hopper has to be up-to-date and in the know about new opportunities in their field.

This type of hopper is savvy to new career opportunities that are out there and often applies to the ones that pique their interest.

They enjoy applying to different jobs just to see where it could take them. Sometimes this means a new career altogether!

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Teen tennis star aces 1st-round test

Women's Rogers Cup. 19-year-old Eugenie Bouchard will face defending champ Petra Kvitova on Wednesday

Eugenie Bouchard serves during her Rogers Cup women's match against Russia's Alisa Kleybanova in Toronto on Tuesday. FRANK GUNN/THE CANADIAN PRESS

A large banner featuring Serena Williams hangs prominently on the side of the Rexall Centre stadium for this week's Rogers Cup.

The north side of the stadium may belong to the top-seeded American, but the east side is reserved for one of the rising stars of the women's tour. Eugenie Bouchard cuts a steely pose on her banner, with fist clenched and a look of intensity that appears to go against the grain of the soft-spoken Canadian.

Bouchard is being given her share of the spotlight at this $2.369-million US tournament. On Tuesday night, she showed that she's ready.

The 19-year-old from Montreal was in fine form for her first-round singles match, posting a tidy 6-3, 6-1 over Alisa Kleybanova. Bouchard mixed up her effective ground strokes with some slick cut shots that left her Russian opponent stymied. "I just decided to go for it and started to play aggressive," Bouchard said. "That definitely helped me."

She'll have her work cut out for her in the second round on Wednesday. Bouchard is scheduled to meet defending champion and No. 6 seed Petra Kvitova of the Czech Republic.

Toronto's Sharon Fichman also advanced with a 5-7, 6-2, 6-2 win over Stephanie Dubois of Laval, Que. The Canadians are friends and have played doubles together in Fed Cup competition in the past.

There was only one mild upset on the day as Dominika Cibulkova of Slovakia eliminated eighth-seeded Angelique Kerber of Germany in second-round play. The unseeded Cibulkova, ranked No. 20 in the world, needed almost three hours to complete the 6-7 (0), 6-2, 7-5 victory.

Kirsten Flipkens, the No. 13 seed in the singles draw, started slow before defeating American Venus Williams 0-6, 6-4, 6-2. THE CANADIAN PRESS

Men's Rogers Cup

It was a record day for Canada at the men's draw of the Rogers Cup. With Jesse Levine of Ottawa's win on Monday, it put five Canadians into the second round — one more than made it that far in 1992.

- **Frank Dancevic**, a Niagara Falls, Ont., native downed Lu Yen-Hsun of Taiwan 5-7, 7-6 (6), 6-1.
- 13th-seeded **Milos Raonic**, of Thornhill, Ont., used his booming serve to defeat France's Jeremy Chardy 6-3, 4-6, 7-5.
- Vancouver's **Filip Peliwo**, who became the first Canadian male to win a junior grand slam event at Wimbledon in 2012, won 3-6, 7-5, 3-1 over 39th-ranked Jarkko Nieminen.
- **Vasek Pospisil**, of Vernon, B.C., upset American John Isner 5-7, 7-6 (5), 7-6 (4).

MLB

Jays pitcher Happ nearing return from skull fracture

After three months out of the Toronto Blue Jays rotation, J.A. Happ is ready to make his return.

Happ spoke Tuesday before Toronto's game against Seattle. He'll make his first start for the Blue Jays since May 7 on Wednesday when Toronto closes out a three-game series against Seattle.

Happ suffered a skull fracture and a sprained right knee when he fell to the ground in pain after being struck behind the left ear by a liner off the bat of Tampa Bay's Desmond Jennings on May 7. THE ASSOCIATED PRESS

MLB

Catcher forgets his job title to earn dubious record

Boston Red Sox catcher Ryan Lavarnway has tied a major league record with four passed balls in one inning.

Lavarnway had trouble handling pitches from knuckleballer Steven Wright in the first inning Tuesday night against the Houston Astros. Wright was making his first big league start.

It was the third time in major league history that a team had four passed balls in one inning. It last happened on Aug. 22, 1987, when Texas Rangers catcher Geno Petralli did it against the White Sox in the seventh inning. Knuckleballer Charlie Hough was pitching in that game. THE ASSOCIATED PRESS

National team vet welcomes young pros

Canadian veteran Jermaine Anderson played in Germany last season. GETTY IMAGES

International basketball isn't just off-season fun for Jermaine Anderson. It's a spotlight and dream for a player who has never competed in the NBA.

So as Anderson spoke about how important it was for Canada's senior men's team to come together at training camp, Tristan Thompson walked over and wrapped an arm around the 30-year-old guard.

Anderson looked relieved — no longer does he have to shoulder the burden of Canada's success alone.

"I'm the young guy now," said Anderson.

Anderson, Thompson and their teammates worked out Tuesday on the Toronto Raptors' practice court at the Air Canada Centre ahead of two exhibition games against Jamaica on Thursday and Saturday.

The 20-player camp will determine who'll be on the roster when Canada travels to Venezuela for the FIBA Americas Championship from Aug. 30 to Sept. 11. The top four tournament teams qualify for next year's FIBA World Cup in Spain.

Anderson, who played professionally last season in Germany, has made more than 75 appearances for Canada and has been a member of the senior men's team since 2004. Winning now with the national team is a priority for the player nicknamed Rock.

"It's everything," he said. "Ever since I came here my goal has always been to play in as many world championships as possible and to get to the Olympics, so the goal hasn't changed." THE CANADIAN PRESS

Northern arsenal

Tristan Thompson (Cleveland Cavaliers), Cory Joseph (San Antonio Spurs), Andrew Nicholson (Orlando Magic) and Joel Anthony (Miami Heat) are all NBA regulars, while Anthony Bennett (No. 1 overall this year to Cleveland), Kelly Olynyk (No. 13 to Boston) and phenom Andrew Wiggins (projected to go first overall in next year's draft) are all waiting in the wings.

Plenty PED issues to resolve

Five things to know about the 13 suspensions issued by Major League Baseball on Monday in the Biogenesis drug case:

THE ASSOCIATED PRESS
Photos by Getty Images

Yer out!

Four all-stars were penalized — Alex Rodriguez, Nelson Cruz, Jhonny Peralta and Everth Cabrera — and that could affect the pennant races. If their teams make the playoffs, those clubs will decide whether to welcome them back for the post-season. Last October, the eventual champion San Francisco Giants blocked current Blue Jay Melky Cabrera after his ban ended.

The last PED-Day?

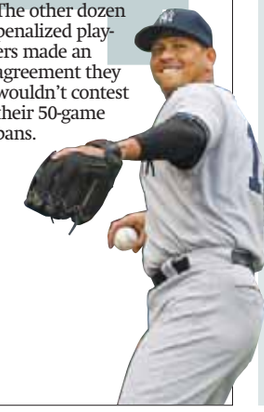
Doubtful. Barry Bonds and Roger Clemens wound up in federal court, Mark McGwire cost himself the hall of fame and still more major leaguers tried to cheat with PEDs. "If we want to get this game cleaned up the way it's supposed to be, if you get caught one time it's just you're done. I think that's the only way it'll ever get completely clean," Atlanta second baseman Dan Uggla said.

The records count

All stats compiled by penalized players stand. This isn't the Olympics, where failed tests can cost athletes their medals. That kind of bugs some guys, too. Washington reliever Tyler Clippard still thinks about a home run he gave up last year to Jordany Valdespin, pictured, one of the suspended 13. "You're like, those guys are doing stuff that's affecting my career," he said. "It leaves a sour taste in your mouth."

It ain't over

A scandal that hovered over baseball all season could linger into winter. Suspended through 2014, Rodriguez is set to appeal and can play until an arbitrator rules. That isn't likely until November or December. The other dozen penalized players made an agreement they wouldn't contest their 50-game bans.



For the future

San Diego's Cabrera admitted he took a banned substance last year, then broke down while apologizing to teammates, the organization and fans. From Nicaragua, he spoke in Spanish and delivered a warning to fellow Latin Americans. "To all the players who leave so much behind in their countries, who come to this country and you're ignorant about a lot of things, be careful with who you associate with," he said.

MLB

A-Rod's return a victory for YES in Yankees' loss

Alex Rodriguez's return had an immediate impact for the New York Yankees — on the team's television network.

A-Rod's first major league game since October drew the YES Network's highest rating this year for a Yankees game, even though New York lost 8-1 at the Chicago White Sox on Monday night.

YES said the game had a 4.34 rating and averaged 393,000 viewers. The previous high was 4.16 rating for a 2-1 loss to the Mets on May 27.

The most viewers were around the time of his first at-bat, drawing an 8.22 rating and 756,000 viewers.

Earlier Monday, Rodriguez was given a 211-game suspension through the 2014 season for violations of its drug agreement and labour contract. THE ASSOCIATED PRESS

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Nelsen, Toronto FC are raring for Roma

World Cup grudge?
Ex-Kiwi international set for rematch with De Rossi and Serie A giants at BMO Field

Toronto FC manager Ryan Nelsen knows all about AS Roma midfielder Daniele De Rossi. At the 2010 World Cup, Nelsen saw De Rossi win a controversial penalty that earned Italy a 1-1 tie with New Zealand.

Paraguay and Slovakia advanced from that group, leaving captain Nelsen and his Kiwi team unbeaten but going home after three consecutive ties. The one consolation was New Zealand (0-3-0) finished ahead of Italy (0-2-1).

While the Italy draw was a disappointment for Nelsen and the All Whites, it was seen as a victory by many since the Azzurri were the reigning world champions and ranked 74 places above New Zealand.

It's been three years since that game but mention De Rossi — the Italian was named man of the match that day at Mbombela Stadium in Nelspruit, South Africa — and Nelsen makes a face like he just sucked a lemon.

In truth, defender Tommy Smith did snatch at De Rossi's shirt, but the clutch-and-grab was short-lived and he had let go by the time the Italian decided to theatrically hit the turf.

Nelsen, now 35, and the 30-year-old De Rossi will be reunited in vastly different circumstances Wednesday night.

The former New Zealand international will be on the sidelines at BMO Field while De Rossi will be wearing AS Roma colours as the touring Italian side, still in pre-season mode, takes on Nelsen's Toronto FC in a friendly. Toronto expects a crowd of 17,000.

Toronto (4-10-8) is currently enjoying a rare purple patch. Nelsen's side has grabbed seven points in its last three matches, defeating Columbus and New England after tying New York.

And while calling Roma a "world-class team" and "pretty much the sharpest point of the football world," Nelsen talked about getting everyone minutes.

It's clear he is mindful of Saturday's visit by the Seattle Sounders (9-7-4).

THE CANADIAN PRESS

South Africa 2010

"I can remember someone falling over really easily and costing us a win"
Toronto FC coach Ryan Nelsen recalls the moment AS Roma and Italian midfielder Daniele De Rossi drew a soft penalty kick costing his nation a spot in the Round of 16

MLB

AMERICAN LEAGUE

EAST DIVISION

	W	L	Pct	GB
Boston	68	46	.596	—
Tampa Bay	66	45	.595	½
Baltimore	61	51	.545	6
New York	57	54	.514	9½
Toronto	52	60	.464	15

CENTRAL DIVISION

	W	L	Pct	GB
Detroit	65	45	.591	—
Cleveland	62	50	.554	4
Kansas City	57	52	.523	7½
Minnesota	48	61	.440	16½
Chicago	41	69	.373	24

WEST DIVISION

	W	L	Pct	GB
Oakland	64	47	.577	—
Texas	63	50	.558	2
Seattle	52	60	.464	12½
Los Angeles	51	60	.459	13
Houston	37	74	.333	27

Tuesday's results
Detroit at Cleveland, postponed
N.Y. Yankees at Chicago White Sox
Boston at Houston
Minnesota at Kansas City
Texas at L.A. Angels
Toronto at Seattle
Monday's results
Detroit 4 Cleveland 2
Chicago White Sox 8 N.Y. Yankees 1
Houston 2 Boston 0
Kansas City 13 Minnesota 0
Texas 5 L.A. Angels 2
Toronto 3 Seattle 1
Wednesday's games
All times Eastern
Toronto (Happ 2-2) at Seattle (Harang 5-10), 3:40 p.m.
Detroit (Fister 10-5) at Cleveland (Salazar 1-0), 7:05 p.m.
N.Y. Yankees (Sabathia 9-10) at Chicago White Sox (Santiago 3-7), 8:10 p.m.
Boston (Dempster 6-8) at Houston (Cosart 1-0), 8:10 p.m.
Minnesota (Deduno 7-4) at Kansas City (Duffy 0-0), 8:10 p.m.
Texas (Ogando 4-3) at L.A. Angels (Hanson 4-2), 10:05 p.m.

NATIONAL LEAGUE

EAST DIVISION

	W	L	Pct	GB
Atlanta	68	45	.602	—
Washington	54	58	.482	13½
Philadelphia	50	61	.450	17
New York	49	60	.450	17
Miami	43	67	.391	23½

CENTRAL DIVISION

	W	L	Pct	GB
Pittsburgh	67	44	.604	—
St. Louis	65	46	.586	2
Cincinnati	61	51	.545	6½
Chicago	49	62	.441	18
Milwaukee	47	65	.420	20½

WEST DIVISION

	W	L	Pct	GB
Los Angeles	62	49	.559	—
Arizona	56	55	.505	6
San Diego	52	60	.464	10½
Colorado	52	61	.460	11
San Francisco	50	61	.450	12

Tuesday's results
Chicago Cubs at Philadelphia
Miami at Pittsburgh
Atlanta at Washington
Oakland at Cincinnati
Colorado at N.Y. Mets
L.A. Dodgers at St. Louis
Tampa Bay at Arizona
Baltimore at San Diego
Milwaukee at San Francisco
Monday's results
L.A. Dodgers 3 St. Louis 2
Atlanta 3 Washington 2
San Francisco 4 Milwaukee 2
Wednesday's games
All times Eastern
Oakland (Colon 14-3) at Cincinnati (Bailey 6-10), 12:35 p.m.
Baltimore (Gonzalez 8-5) at San Diego (Stults 8-10), 3:40 p.m.
Chicago Cubs (Wood 7-8) at Philadelphia (Hamels 4-13), 7:05 p.m.
Miami (Koehler 3-6) at Pittsburgh (Morton 3-3), 7:05 p.m.
Atlanta (Medlen 8-10) at Washington (Zimmermann 13-6), 7:05 p.m.
Colorado (Chacin 10-5) at N.Y. Mets (Harvey 8-3), 7:10 p.m.
L.A. Dodgers (Nolasco 7-9) at St. Louis (Miller 11-7), 8:15 p.m.
Tampa Bay (Archer 6-4) at Arizona (Delgado 4-3), 9:40 p.m.
Milwaukee (Gorzelanny 2-4) at San Francisco (Bumgarner 11-6), 10:15 p.m.

CFL

EAST DIVISION

	GP	W	L	T	PF	PA	Pts
Toronto	5	3	2	0	156	128	6
Montreal	5	2	3	0	122	139	4
Hamilton	6	2	4	0	129	187	4
Winnipeg	6	1	5	0	135	173	2

WEST DIVISION

	GP	W	L	T	PF	PA	Pts
Saskatchewan	5	5	0	0	183	87	10
Calgary	5	4	1	0	162	133	8
B.C.	6	4	2	0	143	142	8
Edmonton	6	1	5	0	128	169	2

Monday's result
B.C. 27 Winnipeg 20
Thursday's game — All times Eastern
Toronto at Montreal, 7:30 p.m.
Friday's game
Saskatchewan at Calgary, 9 p.m.

MLS

EASTERN CONFERENCE

	W	L	T	GF	GA	Pts
New York	11	7	5	36	29	38
Kansas City	10	7	6	33	24	36
Montreal	10	6	5	33	32	35
Philadelphia	9	7	7	34	32	34
Houston	9	6	6	26	21	33
New England	8	8	6	27	20	30
Chicago	8	9	4	27	31	28
Columbus	6	11	5	25	30	23
Toronto	4	10	8	20	29	20
D.C.	3	15	4	13	36	13

WESTERN CONFERENCE

	W	L	T	GF	GA	Pts
Salt Lake	11	7	5	38	26	38
Colorado	9	7	8	30	26	35
Portland	8	3	11	32	21	35
Los Angeles	10	9	3	32	27	33
Vancouver	9	7	6	34	30	33
Dallas	8	6	8	27	30	32
Seattle	9	7	4	27	22	31
San Jose	8	9	6	25	33	30
Chivas USA	4	13	5	19	39	17

Note: 3 points for victory, 1 point for tie.
Saturday's games — All times Eastern
Seattle at Toronto, 7 p.m.
New York at Columbus, 7:30 p.m.
San Jose at Vancouver, 7:30 p.m.
D.C. at Philadelphia, 8 p.m.
Montreal at Chicago, 8:30 p.m.
New England at Kansas City, 8:30 p.m.
Houston at Salt Lake, 9:30 p.m.
Sunday's games
Los Angeles at Dallas, 8 p.m.
Colorado at Chivas, 11 p.m.

The 2014 Cadillac CTS

ALL PHOTOS WHEELBASEMEDIA.COM

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2 Audi A6
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Review. Cadillac's mid size sedan lightens up, powers up and grows up

MALCOLM GUNN
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2014 Cadillac CTS

- **Type.** Four-door, rear- /all-wheel-drive mid-size sedan.
- **Engines (hp).** 2.0-litre DOHC I4, turbocharged (272); 3.6-litre DOHC V6 (321) or (420)
- **Transmissions.** Six-speed (std) and eight-speed (twin-turbo)
- **Base price (incl. destination)** $52,500

Technology

The options list is a lengthy one and includes a 12-inch high-resolution display monitor for operating the infotainment, phone and climate controls. There's also a spoil-you-rotten electronically locking glove box and a power-operated cupholder lid for the centre console.

Fuel Economy

Best of all, perhaps, is the twin turbo V6's 11.6 l/100 km city/7.6 highway fuel numbers that outdo the CTS-V's rating. By comparison, the 2.0-litre turbo CTS is pegged at 10.5/6.6.

Design

With its elongated nose and lower profile, the finished design is much more exotic-looking than before, while maintaining Cadillac's knife-edge design cues. The grille maintains its familiar egg-crate shape, but the side air intakes have been enlarged and the fender edges are now trimmed in a row of LED running lights.

Cadillac's head-to-head battle with German and Japanese rivals is nothing short of audacious and with the re-energized 2014 CTS joining in, the brand continues to gain newfound respect.

The third-generation CTS joins the new compact ATS and full-size XTS in a constantly evolving lineup and will soon be joined by the electric-powered ELR coupe that will employ a similar powertrain to the Chevrolet Volt. The speed at which these new models are coming to market is dizzying to say the least.

The CTS is being repositioned as a larger model with 13 centimetres in added length and about 2.5 centimetres more between the front and rear wheels. Despite these increases, the CTS's base weight is about 115 kilograms less than the 2013 edition and, according to Cadillac, is now 90 kilograms less than a BMW 528i. Contributing to the reduction is a greater use of aluminum in the manufacturing process, including the door structures.

The interior is equally modern and can be trimmed in seven different material combinations, including genuine wood, carbon fibre and aluminum along with cloth and two grades of leather seat coverings. However it's under the hood where the CTS also displays a flair for the dramatic. The choices include a 3.6-litre V6 that produces 321 horsepower and 275 pound-feet of torque. Also available is a turbocharged 2.0-litre four-cylinder rated at 272 horsepower and 295 pound-feet of torque.

The star of the show is a twin-turbocharged version of the V6 that puts out 420 horsepower and 430 pound-feet of torque. This unique-to-Cadillac powerplant anchors the CTS V-Sport (it's also used in the larger XTS), which is the successor to the hotrod CTS-V sedan.

A six-speed automatic transmission comes with the turbo four-cylinder and the base V6 with all-wheel-drive.

The rear-wheel-drive V6 and rear-drive-only twin-turbo V6 each run with an all-new eight-speed automatic transmission with paddle shifters. The twin-turbo V6 hits 60 m.p.h. (96 km/h) in an impressive 4.6 seconds, which isn't quite CTS-V territory (a claimed 3.9 seconds), but it should prove quick enough to satisfy most Cadillac owners.

Optionally, you can expect plenty of electronic safety systems and alerts as well as magnetic ride control that constantly monitors road conditions and driving style to provide a comfortable and stable ride. Take a walk around the new CTS and it's obvious that Cadillac is intent on keeping the car as fresh and relevant as possible, and in tune with buyer expectations.

No matter what it is, your car can be a fuel saver

Driving force. Coasting, anticipating traffic and using the right gas are just some of the ways you can make savings without a green upgrade

JIL MCINTOSH
drive@metronews.ca

As gas prices stay high or climb higher, many people may consider buying new vehicles with advanced technologies, such as hybrids or electric vehicles, to help ease the pain.

They can help, but the reality is that most drivers can enjoy better fuel economy in the vehicles they own right now, just by making some simple changes to their driving habits.

"With proper driving practises, you can save up to 25 per cent on fuel consumption, which could lead to savings of over $2,500 in five years," says Darlene Monkman, an associate at Stantec Consulting, which produces driving improvement videos and courses.

Monkman recommends five driving techniques: accelerate gently, avoid high speeds, maintain a steady speed, coast to decelerate, and anticipate traffic. While all of these together, used all the time, will result in the highest fuel savings, any of them will make a difference.

All of these need to be learned, but anticipating traffic may be the most difficult for some drivers. You need to look as far ahead as possible — right to the horizon, if you can — and watch for traffic issues that will require you to stop unnecessarily, since your vehicle uses the most fuel when starting out from a stop. This can include changing lanes to avoid stopped or turning vehicles, coasting to a red light so you're still moving when it turns green, or slowing down well in advance if traffic is stopped ahead. Driving this way is safer, and can also help your brakes last longer.

Maintaining a steady speed is also difficult for some drivers, who get into the habit of continually being on and off the throttle even on straight, flat roads. In many cases, drivers may not even be aware they're driving like this. If you do, try accelerating gently and, once you've reached your target speed, keep your foot steady on the pedal.

"We have to learn all of this, because it isn't intuitive," Monkman says. "But it will become second nature once you've learned it. If I slam on my brakes because I didn't anticipate traffic, I feel guilty that I should have done better."

Wise driving saves

"With proper driving practices, you can save up to 25 per cent on fuel consumption, which could lead to savings of over $2,500 in five years,"

Darlene Monkman, an associate at Stantec Consulting

Dollar-saving advice

- **Warm briefly.** Even in cold weather, your engine only needs to warm up for about 30 seconds before you can drive away. Letting it run longer will only waste fuel.
- **Coast to bigger savings.** Most new cars momentarily shut off fuel to the engine when your foot's off the throttle, so coasting to decelerate is driving "for free."
- **Idling wastes fuel.** Turn your vehicle off if you're going to be sitting for more than a few minutes, and go into the store rather than line up in a drive-thru.
- **Fuel check.** Use the recommended grade of fuel for your vehicle. If it only requires regular fuel, using premium is a waste of money.

There are many ways you can save at the pumps. CONTRIBUTED

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Caution: High-pressure family road trip

Autopilot. Not the smooth Chevy Impala nor the greatest vehicle on the planet could calm the storm that is a long journey with antsy kids

AUTO PILOT
Mike Goetz
drive@metronews.ca

We just completed one of our holiday-related road trips — five hours there, five hours back, with our two kids, now teenagers, in the back.

Oh man.

We borrowed the spiffy new 2014 Chevrolet Impala for this Ottawa trip. Along the way fellow motorists might have noticed the red Chevy serenely cruising down the highway, but they would not have noticed the ebb and flow of the atmosphere inside of it.

Sometimes it was great and exactly the kind of communal joy you hope for when families hit the road together.

Other times it was just nicely balanced, with everyone just peacefully doing his or her own thing.

But a few times it was under pressure and full of that special kind of misery that is only possible when families travel long distances to have fun.

Usually our family trips manage to have precious few of the latter experiences, but for some reason, this time out, both teenagers took hard lines over the common but disputed area in the middle of the back seat, where one could lay down a head, or curl up some feet.

At first they took turns using that extra space.

Then someone accused the other of slightly contravening the rules of engagement.

The other took umbrage. The dispute quickly escalated to an absurd level. The combatants fought with volume and skill and extensive knowledge of the other's weaknesses, honed over years of experimentation and dedication.

The parental units tried their best to ignore such proceedings, knowing that a resolution was not going to be easy to come by amidst the emotion and acrimony, and the last thing the parents wanted to do on a holiday was actual, difficult parenting.

The tension over the initial episode never really subsided during the whole trip.

But ultimately we did have a great little get-away white-water rafting on the Ottawa River.

Later, when discussing the fractious driving episode with friends and colleagues, and having them relate their own horror stories from this summer and summers long gone,

I noticed that the vehicles in question mattered little. The episodes happened in big, old stations wagons, in nice, new minivans, in little hatchbacks, in roomy sedans.

Technology is working wonders on bettering fuel economy, performance, safety, comfort, reliability, etc., but when it comes to travelling together, no matter what the device, families will be families, and that's just the way it is.

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The 2014 Chevrolet Impala does many things, but easing pressure created by travelling families is not one of them. CONTRIBUTED

The new Chevrolet Impala in action PHOTO: GM

Sarah M. and her uncle **Tony R.**
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Bill H. and his son **Greg H.**
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Vehicle(s) may be shown with optional equipment. Dealer may sell or lease for less. Limited time offers. Offers may be cancelled at any time without notice. See your Ford Dealer for complete details or call the Ford Customer Relationship Centre at 1-800-565-3673. For factory orders, a customer may either take advantage of eligible Ford retail customer promotional incentives/offers available at the time of vehicle factory order or time of vehicle delivery, but not both or combinations thereof. †Ford Employee Pricing ("Employee Pricing") is available from July 3, 2013 to September 30, 2013 (the "Program Period"), on the purchase or lease of most new 2013/2014 Ford vehicles (excluding all chassis cab, stripped chassis, and cutaway body models; F-150 Raptor, Medium Trucks, Mustang Boss 302, Shelby GT500 and all Lincoln models). Employee Pricing refers to A-Plan pricing ordinarily available to Ford of Canada employees (excluding any CAW-negotiated programs). The new vehicle must be delivered or factory-ordered during the Program Period from your participating Ford Dealer. Employee Pricing is not combinable with CPA, GPC, CFRP, Daily Rental Allowance and AX/ZD/F-Plan programs. ‡Until September 30, 2013, purchase a new 2013 Ford Focus S/Escape S/ F-150 STX SuperCab 4x2/F-150 SuperCrew Platinum 4x4 5.0L] for [$16,809/$22,234/$23,328/$48,110] after total Ford Employee Price adjustment of [$870/$995/$9,051/$14,739] is deducted. Total Ford Employee Price adjustment is a combination of Employee Price adjustment of [$620/$995/$2,301/$7,489] and delivery allowance of [$250/$0/$6,750/$7,250]. Taxes payable on full amount of purchase price after total Ford Employee Price adjustment has been deducted. Offers include freight, air tax, PPSA (where applicable) and Ontario Environmental Charge but exclude administration and registration fees of up to $799, fuel fill charge of up to $120 and all applicable taxes. All prices are based on Manufacturer's Suggested Retail Price. Delivery Allowances are not combinable with any fleet consumer incentives. **Until September 30, 2013, receive 1.99% APR purchase financing on new 2013 Focus S and 4.99% APR purchase financing on new Escape S models for a maximum of 84 months to qualified retail customers, on approved credit (OAC) from Ford Credit. Not all buyers will qualify for the lowest interest rate. Example: 2013 Focus S/Escape S] for [$16,809/$22,234] (after Total Price Adjustment of [$870/$995]) is deducted Total Price Adjustment is a combination of Employee Price Adjustment [$620/$995] and Delivery Allowance of [$250/$0]), purchase financed at [1.99%/4.99%] APR for 84 months, with [$0] down payment, monthly payments divided by 26 periods gives payee a bi-weekly payment of [$99/$145] (interest cost of borrowing is [$1,216/$4,164.97] for APR of [1.99%/4.99%] and total to be repaid is [$18,018/$26,330]). Down payment may be required based on approved credit and OAC by Ford Credit. All purchase finance offers include freight, air tax, PPSA (where applicable) and Ontario Environmental Charge but exclude administration and registration fees of up to $799, fuel fill charge of up to $120 and applicable taxes. Taxes are payable on the full amount of the purchase price. Until September 30, 2013, lease a new 2013 F-150 SuperCrew XLT 4x4 model and get 2.99% APR for up to 36 months on approved credit (OAC) by Ford Credit. Down payment of $3,583 (the "Down Payment") or equivalent trade-in value required. Cost of borrowing is $1,474.20 and total to be repaid is $29,383. Monthly payments are $399 (the "Monthly Payment"). Taxes payable on Employee Price adjustment of [$4,689] and delivery allowance of [$7,250]. Taxes payable on full amount of lease financing price after any price adjustment is deducted. Offers include freight, air tax, PPSA (where applicable) and Ontario Environmental Charge but exclude administration and registration fees of up to $799, fuel fill charge of up to $120 and all applicable taxes. Additional payments required for PPSA, registration, security deposit, NSF fees (where applicable), excess wear and tear, and late fees. Some conditions and mileage restrictions apply. A charge of [16] cents per km over kilometre restriction applies, plus applicable taxes. [F-Series]. ^Estimated fuel consumption ratings for the 2013 Focus 2.0L I4 6-Speed Automatic, and F-150 4x2 3.7L V6 6-Speed Automatic. Fuel consumption ratings based on Transport Canada-approved test methods. Model shown is 2013 F-150 4x4 5.0L – V8: 15.1L/100 km city and 10.7L/100 km hwy. Actual fuel consumption will vary based on road conditions, vehicle loading and driving habits. ^When properly equipped. Max. payloads of 3,120 lbs/3,100 lbs with 5.0L Ti-VCT V8/3.5L V6 EcoBoost 4x2 engines. Max. horsepower of 411 and max. torque of 434 on F-150 6.2L V8 engine. Class B Full-Size Pickups under 8,500 lbs GVWR. ‡‡Offer only valid from August 1, 2013 to September 2, 2013 (the "Program Period") to Canadian resident customers who currently (during the Program Period) own or are leasing certain Ford Pickup Truck, Sport Utility Vehicle (SUV), Cross-Over Utility Vehicle (CUV) or Minivan models (each a "Qualifying Loyalty Model"), or certain competitive pickup truck, SUV, CUV or Minivan models (each a "Qualifying Conquest Model") and purchase, lease, or factory order (during the Program Period) a new qualifying 2013/2014 Ford truck (excluding Raptor and chassis-cabs); SUV or CUV (each an "Eligible Vehicle"). Some eligibility restrictions apply on Qualifying Loyalty and Conquest Models and Eligible Vehicles – see dealer for full offer criteria. Qualifying Loyalty/Conquest Models must have been registered and insured (in Canada) in the customer's name for the previous consecutive six (6) months preceding the date of offer redemption. Qualifying customers will receive $1,000 (the "Incentive") towards the purchase or lease of the Eligible Vehicle, which must be delivered and/or factory-ordered from your participating Ford dealer during the Program Period. Limit one (1) Incentive per Eligible Vehicle sale; up to a maximum of two (2) separate Eligible Vehicle sales if valid proof is provided that the customer is the owner/lessee of two (2) separate Qualifying Conquest/Loyalty Models. Each customer will be required to provide proof of ownership/registration of the applicable Qualifying Conquest/Loyalty Model and the ownership/registration address must match the address on the new Buyer's Agreement or Lease Agreement for the Eligible Vehicle sale. Offer is transferable only to persons living in the same household as the eligible customer. This offer is not combinable with CPA, GPC, Daily Rental Allowances, Taxes payable before incentive is deducted. See dealer for details. F-Series is the best-selling pickup truck in Canada for 47 years in a row based on Canadian Vehicle Manufacturers' Association statistical sales report, December 2012. ©2013 Ford Motor Company of Canada, Limited. All rights reserved.

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Horoscopes

♈ Aries
March 21 - April 20
A parting of the ways may be necessary but you know it's for the best. You have important things to do, especially in your career, and you cannot allow personal feelings to come between you and success.

♉ Taurus
April 21 - May 21
It is important that you think only positive thoughts over the next 24 hours. You have such a strong imagination that if you let negative ideas take hold, they could easily become your reality. Don't let that happen.

♊ Gemini
May 22 - June 21
Don't waste time worrying about things that will probably never happen. The more time you spend fretting over minor matters, the less time you have to enjoy yourself.

♋ Cancer
June 22 - July 23
You may want to be critical of someone today but if you are smart you will bite your lip and say something nice instead. You have got to work with this person over the long-term, so don't start a feud.

♌ Leo
July 24 - Aug. 23
Something you have been asked to get involved with may look complicated but it's actually simple. Give it a go and before you know it, you will be the resident expert. Others will admire your dynamism.

♍ Virgo
Aug. 24 - Sept. 23
It does not hurt to be careful but there is a fine line between caution and suspicion and if you cross it today, you may find it hard to cross back again.

♎ Libra
Sept. 24 - Oct. 23
You may be tempted to tackle several things at once today but if you are smart you will take your time and take on one task at a time. That way, at least you'll get one thing finished.

♏ Scorpio
Oct. 24 - Nov. 22
Some people may tell you a job has to be done the way it has always been done in the past. But follow your instincts if they tell you something different.

♐ Sagittarius
Nov. 23 - Dec. 21
You may have to do something you don't enjoy but don't complain. If nothing else, it will make you realize how fortunate you are that you don't have to do this sort of thing each day of your life.

♑ Capricorn
Dec. 22 - Jan. 20
If you are not in the mood to do anything serious today, you must let those around you know at the earliest opportunity. Otherwise, they will load you up with tasks that you don't care about.

♒ Aquarius
Jan. 21 - Feb. 19
Today, you may briefly wish you were somewhere else and doing something less challenging. But, once you get into what you are expected to do you will enjoy it immensely.

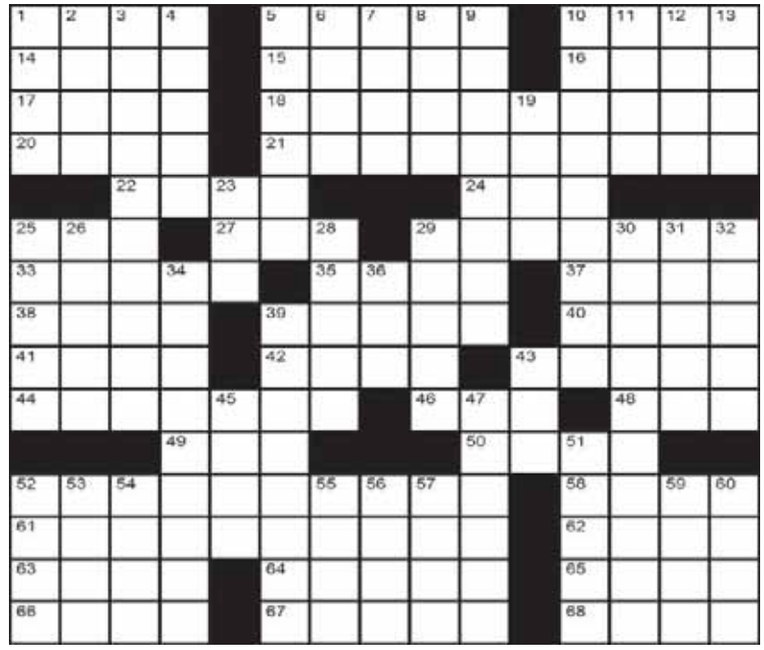
♓ Pisces
Feb. 20 - March 20
A sudden attraction is likely over the next 24 hours but if you are wise you will keep it on a fun and friendly level. If you let your passions rage, you could end up making promises you don't want to keep.

SALLY BROMPTON

Crossword: Canada Across and Down

See today's answers at metronews.ca/answers.

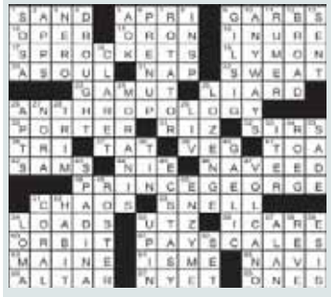
BY KELLY ANN BUCHANAN



Across
1. Zigs pals
5. Closes
10. Dollop
14. Earthen pot type
15. TV series creator Mr. Sorkin
16. River to the Ubangi
17. Don't upset the Sergeant
18. 1942 WWII-set drama starring Greer Garson and #44-Across: 2 wds.
20. Lacking
21. At-home holiday
22. __ contendere (Court plea)
24. Car company
25. Lettered insurance co.
27. "Go on..."
29. ATV = All-__ Vehicle
33. Haze/pollution mixtures
35. Give the hoodlum a hand
37. Latin pronoun
38. Bull: Prefix
39. Iron
40. Pepper's partner
41. Heraldic border
42. Be part of a mob
43. Scatter
44. Saint John-born actor, Walter __
46. Tibetan ox
48. "The A-Team" star, __. _
49. Aug., Sept., __....
50. "__'Rent Strokes" (Sitcom)
52. Warmed too much
58. Feudal fellow
61. _._. __ (Weyburn, SK-born author of 1947 novel Who Has Seen the Wind)
62. Region
63. Director Mr. Kazan
64. Deed
65. Wound's remnant
66. Actress Laura
67. War horse
68. "Take this..."

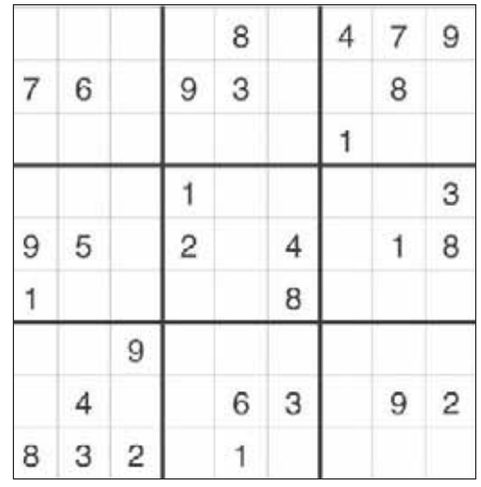
Down
1. Animal attractions
2. Actress Jessica
3. Canadian classical pianist/broadcaster: 2 wds.
4. Authorization
5. Biblical hair guy
6. Rodgers and __ (Broadway composers)
7. Constellation bear
8. "Skip, skip, skip __ Lou...": 2 wds.
9. "Lemony __ A Series of Unfortunate Events" (2004)
10. Randy Bachman, for one
11. Actor, Zachary __
12. Margarine
13. City in Switzerland [var. sp.]
19. "CBC News Now with Reshmi __"
23. __ Cruces, New Mexico
25. Put _ __ to (Halt)
26. Porcelain piece of Japan
28. "Beyond the Sea" singer Bobby
29. Petulant
30. Home security systems company based in Toronto
31. More maladied
32. __ __. (Food packaging meas.)
34. Chant for music-making monks
36. Q. "Alphabet's 15 letter...?" A. "That would __ _."
39. Defends
43. Jet __ (Beach watercraft)
45. Genuine
47. Perplexed
51. USB __ drive
52. Due
53. Mouse-like critter
54. Gulf leader [var. sp.]
55. Take _ __ (Be setback)
56. Head: French
57. Canadian plus-size clothing chain, Addition __
59. Raise
60. Challenge

Yesterday's Crossword

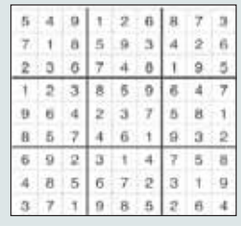


Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.



Yesterday's Sudoku



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Offer(s) available on select new 2014 models through participating dealers to qualified retail customers who take delivery by September 3, 2013. Dealers may sell or lease for less. Some conditions apply. See dealer for complete details. Vehicles shown may include optional accessories and upgrades available at extra cost. All offers are subject to change without notice. All pricing includes delivery and destination fees up to $1,665, $34 tire recycling/filter charges, $5 OMVIC fee, environmental fee, variable dealer administration fees (up to $399) and $100 A/C charge (where applicable) and excludes licensing, registration, insurance, other taxes and down payment (if applicable and unless otherwise specified). Other lease and financing options also available. **0% purchase financing is available on select new 2014 Kia models O.A.C. Terms vary by model and trim, see dealer for complete details. ≠Bi-weekly finance payment O.A.C. for new 2014 Forte LX MT (F054IE)/2014 Rondo LX MT (RN55IE) based on a selling price of $17,913/$23,893 is $98/$131 with an APR of 0% for 84 months, with a remaining balance of $0. Bi-weekly finance payment O.A.C. for new 2014 Sorento 2.4L LX AT FWD (SR75BE) based on a selling price of $28,893 is $159 with an APR of 0% for 60 months, amortized over an 84-month period. Estimated remaining principal balance of $8,255 plus applicable taxes due at end of 60-month period. Retailer may sell for less. See dealer for full details. ‡$2,500/$1,250/$1,750 cash savings on the cash purchase of an eligible new 2014 Sorento 2.4L LX AT FWD (SR75BE)/2014 Forte LX MT (F054IE)/2014 Rondo LX MT (RN55IE) from a participating dealer between August 1-September 3, 2013, is deducted from the selling price before taxes and cannot be combined with special lease and finance offers. Some conditions apply. △Model shown Manufacturer Suggested Retail Price for 2014 Sorento 3.3L EX AT AWD (SR75HE)/2014 Forte SX AT (F074BE)/2014 Rondo EX Luxury (RN75GE) is $34,195/$26,195/$32,195. °Highway/city fuel consumption is based on the 2014 Sorento LX 2.4L GDI 4-cyl (A/T)/2014 Forte 1.8L MPI 4-cyl (M/T)/2014 Rondo 2.0L GDI 4-cyl (M/T). These updated estimates are based on the Government of Canada's approved criteria and testing methods. Refer to the *EnerGuide Fuel Consumption Guide*. Your actual fuel consumption will vary based on driving habits and other factors. ®The Bluetooth® wordmark and logo are registered trademarks and are owned by Bluetooth SIG, Inc. Information in this advertisement is believed to be accurate at the time of printing. For more information on our 5-year warranty coverage, visit kia.ca or call us at 1-877-542-2886. Kia is a trademark of Kia Motors Corporation.